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WAR TIME RECIPES

By

Janet McKenzie Hill

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CINCINNATI
THE PROCTER & GAMBLE CO.

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FOREWORD

SAVE Wheat, Save Meat, Save Fat, Save Sugar. This call for conservation that comes from the United States Food Administration has been repeated time and again. To save food is a national necessity emphasized in every official bulletin of that department of our Government. Saving, Sacrifice, and Service are recognized as the three graces of Patriotism, the necessary essentials in the life of to-day.

War Time Recipes is a valuable book of tested foods that fully measure up to the standards of conservation. It is dedicated to the American housewife as an aid in the preparation of hundreds of economical, appetizing foods that will enable her to save without in the least sacrificing either tastefulness or variety in her meals.

Government suggestions are carried out. No butter is required in any recipe. Crisco is the vegetable cooking fat used instead. Directions, easy to understand, show how Crisco successfully blends with all the cereal flours which must be used in place of wheat. This book will prove a real service to the patriotic woman anxious to do her part in winning the war.

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INTRODUCTION

AT the present time the patriotic woman, in planning her food supply for the week, keeps in mind the needs of the soldiers at the front. Certain foods, as fish, oysters, and sea-foods of all kinds, poultry and game, vegetables and fruits (fresh and dried), milk, cheese, and eggs are not easily transported. Of these she buys as freely as the occasion demands and her circumstances permit.

She uses no butter for cooking purposes, but in its place makes use of a vegetable fat, such as Crisco, and she also uses the drippings of such meats as are available.

Roasts and steaks being largely eliminated from the bill of fare, a way of giving variety and adding crispness to an otherwise soft and bland assortment of dishes might occasionally be introduced by food fried in deep fat. This method of cooking, conducted with care, should not result in the use of an undue quantity of fat. With properly prepared food and Crisco at the right temperature, no appreciable quantity of fat is absorbed by the food; also, if the Crisco be not overheated and be strained after use to free it from flour, crumbs or other foreign matter introduced with the food, it may be used over and over again.

In deep frying, do not wait for Crisco to smoke. Heat Crisco until a crumb of bread becomes a golden brown in 60 seconds, for raw dough mixtures, as crullers, fritters, etc.; 40 seconds, for cooked mixtures, as croquettes, codfish balls, etc.; 20 seconds, for French fried potatoes. Seconds may be counted thus: one hundred and one, one hundred and two, etc.

The fat may be tested also by dropping into it a little piece of the article to be cooked. When it rises to the top, bubbles vigorously and browns quickly, the fat is hot enough. When fried foods absorb Crisco, it is because Crisco is not hot enough, or because you have not used enough Crisco. Use plenty, and the raw foods, if added in small quantities, will not reduce the heat of the fat. The absorption in deep Crisco frying should be less than that of another fat.

In large measure, the patriotic housekeeper cuts down her use of wheat flour; she has learned by experience that bread with good keeping qualities, bread that can be used under

adverse circumstances and conditions that exist in unstable periods of life *must* contain a goodly portion of wheat flour; thus she is not only willing but anxious to share her wheat with her neighbors across the sea. To do this and at the same time do her duty by her own family, she needs to make something of a study of wheat substitutes.

THE USE OF WHEAT SUBSTITUTES

Wheat, on account of the large proportion of gluten it contains, makes the ideal flour for yeast bread. One of the properties of gluten is its tendency to stretch and expand, and this expanded gluten makes the framework of the loaf of bread. Heat hardens the framework and we have a light loaf of bread. Rye flour also contains gluten in a proportion to produce a good loaf of bread, but barley, rice, corn and oats do not contain gluten in sufficient quantity to make good bread, when used alone. They are rich in other valuable properties and when combined with wheat or rye, especially with wheat, produce most excellent yeast bread. Such bread should be mixed a little stiffer than the all-wheat loaf and should be set to bake before it is quite as light.

PROPORTION OF WHEAT SUBSTITUTES IN YEAST BREAD

The U. S. Food Administration allows the name of "Victory Bread" to be applied to any bread containing twenty per cent or more of wheat substitute. In bread made at home, corn flour or rice flour may form one-third of the bulk of flour used; possibly a little higher percentage of oat flour made from rolled oats may produce a satisfactory loaf. Twenty-five per cent substitution of any variety of flour will yield appetizing bread. When one wishes to cut out still further the use of wheat and rye flours the quick breads are preferable.

PROPORTION OF WHEAT SUBSTITUTES IN QUICK BREAD

In breads made with baking powder or similar leavening agents, especially eggs, the white of which possesses great elasticity, the proportion of the substitutes employed may be materially increased. Many of these breads may be made successfully without any wheat flour, though even a little wheat gives a better result. Baking powder biscuit and crust for shortcakes are perfectly satisfactory when made with one-third rice flour

and two-thirds barley flour. Muffins are at their best when made with one cupful of meal and one cupful of flour. The flour may be buckwheat, oat, barley, corn, or rye; the meal, corn, rye, oat, barley, or graham.

COMPARISON OF THICKENING PROPERTIES OF WHEAT FLOUR AND SUBSTITUTES

Barley, rye, oat, and wheat flours, cupful for cupful, have about the same thickening property; use one cupful of these flours for one cupful of wheat flour. If using corn, rice, or potato flour, take half a cupful in place of one cupful of wheat flour.

VICTORY CAKES, PIES, AND SWEET YEAST MIXTURES

The U. S. Food Administration also authorizes the use of the term "Victory" to cakes, pies, and all other desserts in which one-third of the flour contents is a wheat flour substitute. Pastry, sponge cake, and cookies may be made without any wheat flour. Cup cakes (cakes with shortening) may be made without wheat, but, when convenient, half wheat and half substitute is preferable. In cakes calling for three cupfuls of wheat flour, one cupful of the flour may be replaced by half a cupful of rice flour, thus effecting a 33 1-3 per cent substitution.

SUGAR

In nearly all mixtures calling for a cupful of sugar, just as satisfactory results may be had with two tablespoonfuls less. In making boiled frosting, three-fourths of a cupful of sugar to one egg white is ample, though in most recipes a whole cupful is called for. Half a cupful of honey may replace the sugar used with one white of egg. In cakes or other dessert dishes in which raisins, figs, or dates are enumerated in the list of ingredients, the quantity of sugar may be lessened without detriment to the finished product.

Sugar is useful in quick breads in which substitute flour abounds, as it is an aid to lightness, but when feasible it should be cut out; bread for general and constant use should be unsweetened. The tablespoonful of sugar added for each loaf of yeast bread makes no appreciable improvement in the bread, and, when sugar is being bought by the single pound, should be omitted.

FATS

The necessity of fat in the dietary has been brought home to

us in these war times as never before. Perfect nutrition is not possible without fat in some form, and it is our main source of energy.

In the midst of a world-wide war and its attendant horrors, no country, however rich and fair, can produce butter fat in sufficient quantity to provide for the growth of young children and maintain the stamina of men in camps and trenches. Accordingly, we are glad to restrict butter to its legitimate use as a luxury of the table; but where, with the restrictions, now regarded and acknowledged by us all as necessary, in the use of meat products, are we to secure the fat so essential in the various processes of cooking?

The U. S. Food Administration wisely says: "Use vegetable oils, as olive and cottonseed oil." However, we must use these products with economy for they also are needed over the sea. When we come to look into the matter, the use of vegetable oils is no hardship; many a good housekeeper has long been using them in preference to fats from the animal kingdom. Vegetable fats are less liable to carry the germs of disease than are those of animal origin. Also the melting point of most animal fats is high, while that of fats of vegetable source, as Crisco, a pure vegetable oil, is low. It corresponds very nearly to that of the temperature of the human body. Fats with low melting point are more completely digested and assimilated than are those of high melting point. Thus, carefully refined vegetable oils are well adapted to supply the fat so necessary to our well-being. Crisco is a strictly pure and wholesome vegetable oil product. As a food product and distinctive agent in cookery, it is now well past the experimental stage and can be employed with complete satisfaction.

THINGS TO REMEMBER IN CONNECTION WITH THE RECIPES

When using, in place of butter, add salt, in the proportion of one level teaspoonful to one cupful of Crisco.

When there is smoke in the kitchen, Crisco has burned or heated too high for frying, or some may have been on the *outside* of the pan or kettle.

When using Crisco in your regular recipes remember that as it contains no moisture it is much richer than butter and, therefore, one-fourth less should be used.

In making sauces, thoroughly blend the flour and Crisco before adding the milk. In using melted Crisco in boiled dressing, croquettes, rolls, fritters, etc., be sure that the melted Crisco is cooled sufficiently so that the hot fat will not injure the texture of the foods.

Crisco, like butter, is susceptible to heat and cold. When too hard, simply put in a warm place.

CRISCO IN WAR TIME RECIPES

"Use no butter in cooking. Use only vegetable fats."

TO millions of American housewives who for many years have known and appreciated Crisco as the Universal Cooking Fat, this official message of the United States Food Administration was accepted as a belated confirmation of their own judgment. To millions of others who have believed that butter in cooking was necessary to success, the warning was like a shot at ancient culinary traditions.

You save without sacrifice by using Crisco. On the contrary, its use as a cooking fat means added advantages that please the whole family.

All war-time recipes are made rich by the use of Crisco. Its delicacy improves all these additions to your menus. Crisco is easily worked with barley, graham, rice, corn, and the other flours that must be used to save wheat.

Crisco is a wholly vegetable cooking fat, the solid cream of wholesome, edible oils; so rich that less is required; so delicate that it makes foods delicious; of such unvarying purity and dependability that once tried, it immediately establishes a place as the ideal cooking fat, giving equally satisfactory results for shortening, in cake making, and for frying.

Cakes made with Crisco are as delicious as those made with the finest butter, and they stay moist and fresh unusually long.

None of the pastry made with Crisco is wasted. Crisco makes the crust delicate and flaky through and through. The under crust always is so light and tender, there is no suggestion of sogginess or toughness.

Fat is saved in frying with Crisco because less of it is absorbed. Crisco gives up its heat so quickly that a rich, brown crust forms immediately. This action retains the delicate, natural flavors of the food and keeps the fat out. Crisco-fried foods therefore are unusually appetizing, digestible, and not at all greasy. The Crisco that remains can be used again and again. Simply strain it carefully. It retains no odor or taste of the foods fried in it.

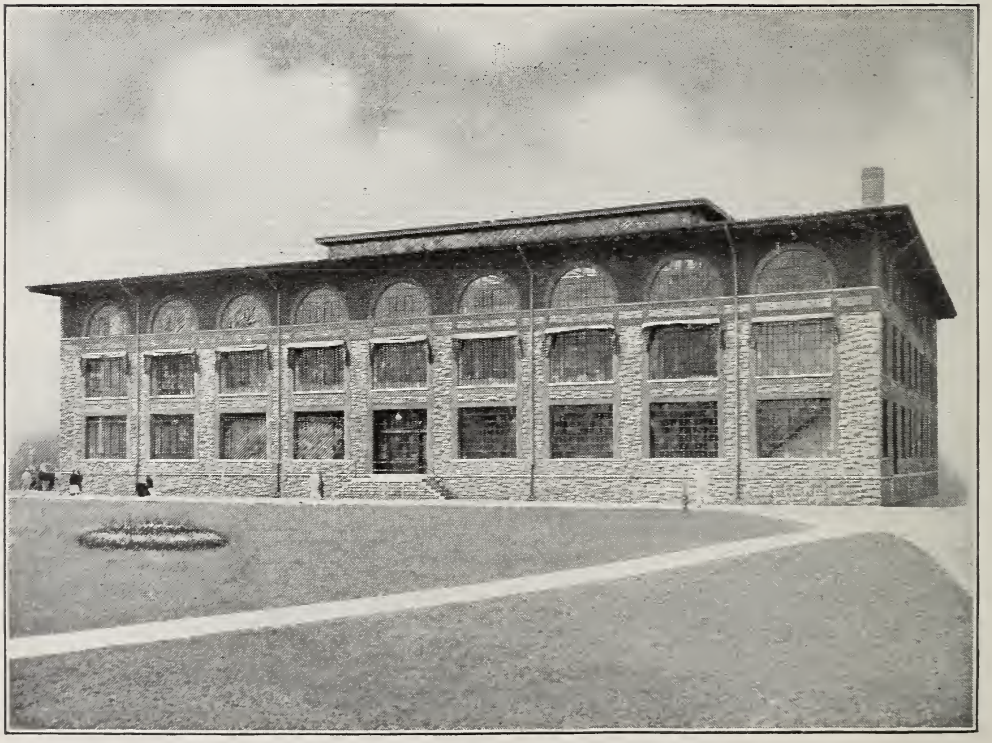
Economy and conservation both result from the use of Crisco. It gives the best results for the least expenditure. The housewife

who uses Crisco, profits in actual money, because she uses less of it than of butter, and Crisco does not cost as much. Best cooks everywhere are enthusiastic about Crisco. It is a great war-time aid to have a cooking fat that reduces living costs and produces tasteful and wholesome foods.

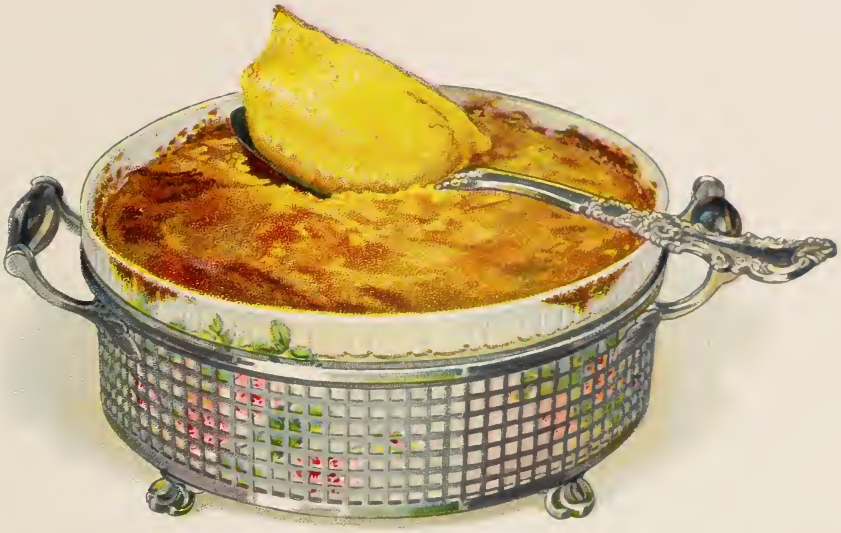
Crisco is Kosher, and is a "parava" or neutral fat. It can be used with both milk and flesh foods. Crisco sold to the Jewish trade carries a Kosher seal. All Crisco, whether marked or not, is Kosher and of identical purity.

You can get Crisco in one-pound, sanitary, air-tight packages. You pay no more for it than for the same quantity of lard dug out of a pail. To use Crisco is a satisfactory economy. Try it.

THE PROCTER & GAMBLE CO.



WHERE CRISCO IS MADE



VIRGINIA SPOON CORN BREAD

3 cupfuls boiling water
1½ teaspoonfuls salt
⅓ cupful breakfast hominy
3 tablespoonfuls Crisco
¾ cupful milk
3 eggs, beaten light
1½ cupfuls corn meal
2 teaspoonfuls baking powder

Add the salt to the water, set over a hot fire and gradually stir in the hominy; let cook three or four minutes while stirring, then let cook undisturbed over boiling water thirty (30) minutes; add the Crisco, milk, the eggs and the corn meal sifted with the baking powder and mix all together thoroughly. Turn into a Criscoed baking dish (suitable for the table) and let bake forty-five minutes. This will serve six or seven people, and is to be served with a spoon while hot.

EGGS SCRAMBLED WITH PEAS

4 eggs
⅓ cupful milk
⅓ teaspoonful salt
¼ teaspoonful black pepper
1 cupful cooked peas
2 tablespoonfuls Crisco

Beat the eggs with a spoon till a full spoonful can be lifted; add the milk, salt and pepper. Melt the Crisco in an omelet pan, turn in the egg mixture, cook and scrape from the pan until the egg begins to thicken; add the peas and continue to cook and scrape until creamy throughout. Turn on a hot plate. Serve at once.

EGGS WITH CREAM AND CHEESE

1 tablespoonful Crisco
⅔ cupful thin cream
⅓ teaspoonful salt
¼ teaspoonful paprika
4 eggs
3 tablespoonfuls grated cheese
4 slices toast

Melt the Crisco in an omelet pan, turn the pan to coat the whole inner surface, put in the cream, salt, and paprika. Break in the eggs. When the whites begin to grow firm, sprinkle on the cheese and let cook long enough to melt the cheese, when the eggs should be done. Remove with a skimmer to four slices of toast, and turn the liquid in the dish over the whole.

POTATO AND EGG OMELET

2 cold boiled potatoes
½ teaspoonful scraped onion pulp
1 tablespoonful fine-chopped parsley
2 tablespoonfuls Crisco
½ teaspoonful salt
3 eggs
3 tablespoonfuls hot water
¼ teaspoonful salt
¼ teaspoonful paprika

Chop the potatoes, add the onion and parsley, melt the Crisco in the omelet pan, add the salt and potato mixture, and stir and cook until the potato browns somewhat and is very hot; meanwhile, beat the eggs, add the water, salt and paprika, and pour over the potato mixture; let stand a minute, then shake, and tip the pan to let the uncooked egg down on the hot pan. When all the egg is lightly cooked, roll and turn on a hot dish.

SPANISH EGGS

½ cupful rice
3 tablespoonfuls Crisco
1 slice onion, chopped
½ teaspoonful salt
1 cupful tomato purée
1 cupful meat broth or water
½ teaspoonful paprika
4 fried or poached eggs
1 tablespoonful parsley, fine-chopped

Heat the rice with a pint of cold water quickly to the boiling point, stirring with a fork meanwhile; let boil two minutes, drain, rinse in cold water. Put over the fire with the Crisco and onion and stir and cook until the fat is absorbed; add the salt, purée, broth, and paprika, and let cook over boiling water until done. Turn on a hot platter and set above it the eggs. Sprinkle the whole with the parsley. Serve at once.

Use level measurements for all ingredients

FRENCH OMELET WITH CREAMED ASPARAGUS

2 tablespoonfuls Crisco
1 tablespoonful cornstarch
¼ teaspoonful salt
¼ teaspoonful pepper
1 cupful milk
1 cupful asparagus tips
3 eggs
3 tablespoonfuls water
⅓ teaspoonful salt
⅓ teaspoonful black pepper
1 tablespoonful Crisco

Melt the Crisco, add the cornstarch, salt and pepper, and stir until blended and bubbling, add the milk (or half milk and half water in which asparagus cooked) and stir until boiling; add the asparagus and keep hot. Beat the eggs until a full spoonful can be lifted, add the water, salt and pepper. Melt the Crisco in a smooth omelet pan, pour in the egg mixture; shake the pan, tilting it meanwhile to slide the cooked egg mixture from the bottom of the pan, and give place for the uncooked egg on the hot pan. When nearly set throughout, spread some of the sauce over the egg, roll the omelet and turn on a hot dish. Pour the rest of the asparagus and sauce around the omelet.

EGGS IN NESTS

1 cupful cold pickled tongue or ham chopped fine
1 cupful cream sauce
1 pint hot mashed potato
4 eggs
4 slices tomato
4 tablespoonfuls cracker crumbs
2 tablespoonfuls Crisco

Rub over the inside of a large shallow au gratin dish with Crisco. Stir the meat into the sauce and spread over the bottom of the dish. Above the meat, form four nests of mashed potato; break the eggs in the nests. Melt the Crisco, brush over the potato with part of the Crisco, stir the crumbs into the rest. Set the slices of tomato between the eggs, spread the crumbs over them. Cook in the oven till the eggs are done.

EGGS WITH MUSHROOMS

⅓ cupful dried mushrooms
½ cupful cold water
¼ cupful Crisco
⅓ cupful barley flour
½ teaspoonful salt
¼ teaspoonful paprika
½ cupful tomato purée
1 cupful rich brown stock
6 slices toast
6 poached eggs

Soak the mushrooms in the cold water an hour or longer. Melt the Crisco, in it cook the flour, salt, and paprika, add the purée, stock, and water drained from the mushrooms, and stir until boiling; add the mushrooms chopped fine. Set the eggs on the toast and pour the sauce over the whole.

FRIED EGGS

Melt about half a cupful of Crisco in a small frying pan; after it has been melted a few minutes (when it will brown a crumb of bread in ninety seconds) add half a teaspoonful of salt and break into it two or three fresh eggs; as soon as the eggs are "set" on the bottom, run a spatula beneath them to detach from the pan, if it is necessary; pour the Crisco over the yolks with a spoon until the egg is as firm as desired; remove with a skimmer to slices of cooked ham or to mounds of mashed or creamed potatoes or slices of toast. If the Crisco be kept at proper temperature, the eggs will look as if poached in water. They are particularly good cooked this way.

CONSERVATION CUTLETS

4 hard-cooked eggs, cut fine
½ cupful ham, cut fine
½ cupful chicken, cut fine
⅓ cupful Crisco
½ teaspoonful salt
¼ cupful cornstarch
1 cupful chicken broth
¼ cupful rich milk
½ teaspoonful celery salt
½ teaspoonful paprika
1 egg, uncooked
1 cupful bread crumbs
3 tablespoonfuls melted Crisco

Prepare the solid ingredients, which should be kept rather coarse. Melt the Crisco, add the salt and cornstarch, and stir and cook until frothy; add the broth and milk and stir until boiling, add the dry ingredients with the celery salt and paprika, mix and turn on a Criscoed plate. When cold, shape into eight cutlets, dip in the egg, beaten and mixed with its bulk of milk or water, and then in the crumbs mixed with the melted Crisco. Set on a Criscoed tin and let bake in a hot oven until hot throughout. Serve with peas, asparagus or creamed potatoes.

EGGS SHIRRED WITH CREAMED ASPARAGUS TIPS

2 tablespoonfuls Crisco
1 tablespoonful cornstarch
¼ teaspoonful salt
¼ teaspoonful pepper
1 cupful milk
1¼ cupfuls asparagus tips (cooked)
4 raw eggs
4 tablespoonfuls cracker crumbs
1 tablespoonful melted Crisco
few grains of salt

Melt the Crisco, add the cornstarch, salt and pepper; cook until blended and frothy; add the milk and stir until boiling; add the asparagus tips. Rub over the inside of four shirring dishes with Crisco; put in a spoonful of the creamed asparagus in each dish; break an egg above the mixture; cover with sauce and asparagus; sprinkle with the cracker crumbs mixed with Crisco and salt. Bake until the egg is cooked soft or hard as desired.

CURRIED EGGS

4 hard-cooked eggs
2 tablespoonfuls Crisco
1 tablespoonful chopped onion
1 tablespoonful cornstarch
½ tablespoonful curry powder
¼ teaspoonful salt
¼ teaspoonful pepper
1 cupful milk
1 teaspoonful lemon juice

Cut the eggs in even slices. Melt the Crisco; in it cook the onion until softened and yellowed, add the cornstarch, curry powder, salt and pepper, and stir and cook until well blended; add the milk and stir until smooth and boiling; add the lemon juice and eggs. Serve with potato, rice or fried hominy.

EGGS WITH DRIED BEEF

Pick half a cupful of dried beef in bits, discarding all white threads. Melt one tablespoonful of Crisco in a saucepan, add the beef and stir and cook two or three minutes; add three-fourths a cupful of water, milk or tomato purée, and heat to the boiling point. Divide the mixture among four shirring dishes, break an egg above the mixture. Mix four tablespoonfuls of cracker crumbs with one tablespoonful of melted Crisco and one-fourth a teaspoonful of salt and sprinkle over the eggs. Cook in a moderate oven until the egg is "set." Serve at once in the shirring dishes.

Use level measurements for all ingredients

SARDINE OMELET

2 tablespoonfuls Crisco
3 egg yolks, beaten light
3 egg whites, beaten very light
3 tablespoonfuls of water
⅓ teaspoonful salt
⅓ teaspoonful pepper
1 box sardines

Have the Crisco melting in the omelet pan. Mix the water, salt and pepper through the beaten yolks, fold in the whites and turn into the pan. Let stand on the range a moment, then set into a moderate oven to cook until a knife thrust into the center of the omelet shows no uncooked egg. Heat the sardines (carefully wiped) between two pans in the oven. Score the omelet at right angles to the handle of the pan. Lay the sardines across the lower half of the omelet, fold and turn on a hot dish. Serve at once. If preferred, the sardines broken into pieces of same size may be carefully mixed through a cup and a half of cream sauce before being spread between and around the omelet.

HASHED MEAT WITH FRIED EGGS

When only a small quantity of tender, cooked meat is available (as chicken, boiled fore quarter lamb or ham), chop the meat; for a cupful of meat, prepare a cupful of sauce, using two tablespoonfuls each of Crisco and flour, one-fourth a teaspoonful each of salt and pepper, and a cupful of broth (liquid in which the meat was cooked) or milk. Heat the meat in the sauce. Dip the edges of four slices of toasted bread in boiling salted water, set them on a serving dish, spread them with the meat, and set an egg fried carefully in Crisco (see page 11) above the meat. Serve at once.

EGGS IN CUPS WITH FINE HERBS

For each egg to be served, take two mushrooms, a teaspoonful of chopped parsley, a scraping of onion pulp, and one tablespoonful of Crisco. Chop the mushrooms, add the parsley and onion, and cook in the Crisco melted in a frying pan. Sprinkle part of the mixture over a Criscoed earthen cocotte or little cup, break in a fresh-laid egg, sprinkle with salt and pepper and the rest of the chopped material. Set the dishes in a pan of boiling water in the oven. Let cook from six to ten minutes according to the consistency desired. Serve in the cocotte with or without a tablespoonful of hot cream or tomato sauce poured over the egg. Fine soft bread crumbs or cream, one or both, may be mixed with the chopped ingredients before using.

EGGS IN ONION PURÉE

Slice an onion, cover with boiling water, let heat quickly to the boiling point; drain, add two cupfuls of milk, two cloves, small piece of mace, and one-fourth a teaspoonful of salt; let simmer half an hour. Pick out the mace and cloves; press the onion through a purée sieve. Melt two tablespoonfuls Crisco, in it cook two tablespoonfuls flour, add the milk and onion, and stir until boiling; add half a cupful of fine stale bread crumbs, about half a teaspoonful of salt, and one-fourth a teaspoonful of black pepper. Let boil five minutes and turn into a Criscoed baking dish. Break three or four eggs into the dish. Let cook in the oven until the eggs are "set."

Use level measurements for all ingredients

GRAHAM AND BARLEY BREAD

1¼ cupfuls scalded milk
2 tablespoonfuls Crisco
1 teaspoonful salt
⅓ cupful molasses
1 cake compressed yeast
½ cupful lukewarm water
2¾ cupfuls graham flour
1 cupful barley flour
½ cupful wheat flour

To the milk add the Crisco, salt and molasses; when lukewarm, stir in the yeast, mixed through the water and the flour. The dough should not be stiff enough to knead. Cover and let become light. Cut down and turn into a Criscoed bread pan. When again light, bake about one hour. The pan should be larger than the ordinary bread pan.

POTATO BREAD (2 loaves)

2 cupfuls of mashed potato
2 tablespoonfuls Crisco
2 tablespoonfuls sugar
1¼ teaspoonfuls salt
1 cupful scalded milk, or
½ cupful milk and ½ cupful water in which potatoes were cooked
⅓ to 1 whole cake compressed yeast
½ cupful potato water cooled to lukewarm
4 cupfuls (about) wheat flour

Melt the Crisco, sugar and salt in the mashed potato; add the liquid, the yeast mixed in the half cupful of potato water and the flour and mix to a stiff dough. Knead thoroughly, adding flour as needed, as the dough softens on rising.

BARLEY BREAD (2 loaves)

33⅓ per cent substitution

2 cupfuls scalded milk, or part milk, part water
2 tablespoonfuls Crisco
1 teaspoonful salt
2 tablespoonfuls sugar
2 tablespoonfuls lime water
⅓ to 1 whole cake compressed yeast
½ cupful lukewarm water
2 cupfuls barley flour
4 cupfuls (about) wheat flour

Add the lime water with the Crisco, salt and sugar to the milk, and finish in the same manner as the other varieties of yeast bread.

WHITE OATMEAL BREAD

About 33⅓ per cent substitution

1½ cupfuls rolled oats
2 cupfuls scalded milk, or
1 cupful milk and 1 cupful water
1½ teaspoonfuls salt
1 tablespoonful sugar
1 tablespoonful Crisco
⅓ cake compressed yeast
½ cupful lukewarm water
4½ cupfuls wheat flour (about)

Put the hot liquid over the oats, add the salt, sugar and Crisco. When lukewarm add the yeast mixed with the half cupful of liquid and mix thoroughly. Stir in the flour. Knead until smooth and elastic, cover and set aside overnight. Shape into two loaves. When again light, bake 50 to 60 minutes.

Use level measurements for all ingredients

ONE LOAF RAISIN BREAD

1 cake compressed yeast
1¼ cupfuls scalded-and-cooled milk
1¾ cupfuls bread flour (about) (wheat)
2 tablespoonfuls sugar
3 tablespoonfuls Crisco, melted
¾ teaspoonful salt
1 egg, beaten light
⅔ cupful raisins
1 cupful rice flour
¼ cupful wheat flour

Mix the yeast, broken in pieces, with ¼ a cupful of the milk; add to the rest of the milk with the first measure of flour and beat until smooth. Cover and let stand out of drafts until very light and full of bubbles; add the other ingredients and mix to a dough. Knead until smooth and elastic. Set aside to double in bulk; shape for a brick-loaf pan, when again light; bake one hour.

TWO LOAVES RYE BREAD

Wheat only for kneading

2 cupfuls scalded milk, or part water
2 tablespoonfuls Crisco
2 tablespoonfuls molasses or sugar
1½ teaspoonfuls salt
⅓ cake compressed yeast
½ cupful lukewarm water
5 cupfuls rye flour, wheat flour for dough that may be kneaded

To the hot liquid, add the Crisco, molasses, or salt; when lukewarm add the yeast mixed with the water and the flour; knead thoroughly. Set aside out of drafts to double in bulk. Shape into two loaves. When again doubled in bulk, bake about 50 minutes.

ONE LOAF CORN MEAL BREAD

1 cupful scalded milk
1 tablespoonful Crisco
1 tablespoonful sugar
¾ teaspoonful salt
¼ to 1 whole cake compressed yeast
¼ cupful lukewarm water
¾ cupful corn flour or corn meal
2¼ cupfuls (about) wheat flour

To the milk add the Crisco, sugar, and salt. Use the small portion of yeast if the bread be mixed at night; the whole cake if mixed in the morning. Mix the yeast through the water, and stir into the milk, cooled to a lukewarm temperature, then stir in the flour; knead and set aside out of drafts to double in bulk. Shape into a loaf. When again doubled in bulk, bake about 50 minutes.

STEAMED DATE BREAD

1 cupful rye meal
1 cupful corn meal
1 cupful barley flour
2 teaspoonfuls soda
1 teaspoonful salt
2 cupfuls thick sour milk
⅔ cupful molasses
1 cupful dates
2 tablespoonfuls melted Crisco

Sift together the meal, flour, soda, and salt; add the sour milk, molasses and Crisco, and mix thoroughly. Rub over the inside of three baking powder boxes or two (pound size) cocoa tins with Crisco; put in some dates, rinsed in hot water, dried and cut in pieces; cover with dough; add more pieces of date, then dough, and alternate with dates and dough till all are used. Set to steam with cold water, that the mixture may rise before cooking. Steam three hours. The water must not stop boiling for at least two hours.

ROLLED OATS BREAD

2 cupfuls scalded milk
1 cupful rolled oats, ground in food chopper or coffee mill
1 teaspoonful salt
1 tablespoonful Crisco
2 tablespoonfuls maple syrup, or molasses
1 cake compressed yeast
½ cupful lukewarm water
2½ cupfuls wheat flour

Stir the oats and salt into the hot milk, cover, and cook (in double boiler) 20 minutes; add the Crisco and syrup or molasses; when cooled to lukewarm, stir in the yeast mixed with the water and the flour; mix and cut through the mixture with a spoon for several minutes; cover and let stand until double in bulk; cut down and turn into a Criscoed pan; when nearly doubled in bulk, bake about one hour. More flour may be added and the dough kneaded. The texture of the bread will be different from that made of the soft dough without kneading.

Use level measurements for all ingredients

COFFEE CAKE

1 cake compressed yeast
¼ cupful lukewarm water
1 cupful scalded and cooled milk
about 1¾ cupfuls wheat flour
¾ teaspoonful salt
¼ cupful sugar
⅓ cupful melted Crisco
1 egg, beaten light
1 cupful wheat flour
1 cupful corn flour
egg white
3 tablespoonfuls sugar
1 tablespoonful cinnamon
¼ cupful sliced almonds

Mix the yeast with the water; add to the milk with flour for the sponge and beat until smooth; cover and let become light; add the salt, sugar, melted Crisco, egg and flour as needed. Beat until smooth, cover and set aside to become doubled in bulk; cut down and spread in a pan rubbed over with Crisco. When again light brush the top of the cake with egg white, dredge with the sugar and cinnamon and sprinkle on the nuts. Bake about twenty-five minutes. Use a pan about 10 x 8 inches.

Recipe for Philadelphia Butter Buns (herewith illustrated) on page 27.

BRAN BREAD

1 cupful wheat flour
⅔ cupful barley flour
1½ teaspoonfuls soda
1 teaspoonful salt
1½ cupfuls bran
½ cupful molasses
1 egg, beaten light
1 tablespoonful melted Crisco
1½ cupfuls sour milk
½ cupful raisins, if desired

Sift together the flour, soda, and salt; add the bran and the other ingredients; mix to a dough; bake in a moderate oven about 50 minutes.

PARKER HOUSE ROLLS

1 cake compressed yeast
¼ cupful scalded and cooled milk
1 cupful scalded and cooled milk
1½ cupfuls wheat flour
½ teaspoonful salt
1 tablespoonful sugar
¼ cupful melted Crisco
1 cupful rice flour
About ½ cupful wheat flour

Soften the yeast in the one-fourth cupful of milk, mix thoroughly and add to the cupful of milk, and stir in the flour; use enough to make a batter that is easily beaten; beat until smooth, cover and let stand until light; add the other ingredients and mix to a soft dough. Add the last of the flour, carefully, to avoid a stiff dough. Knead until smooth and elastic. Wash the bowl and brush over the inside with Crisco; put in the dough, cover and let stand to double in bulk. Carefully turn the dough upside down on the board, very lightly dredged with flour; pat with the rolling pin and roll into a sheet half an inch thick. If directions have been followed the dough may be rolled out with but a few motions of the pin. Lift the dough (that it may "fly back" into place now rather than after the rolls are cut out); cut into rounds, brush over one-half of each round with melted Crisco and fold in the center. Set close together in a Criscoed pan.

When doubled in bulk, bake about half an hour. For a crusty exterior, brush over the top of the cooked rolls with slightly beaten white of egg; for a soft crust, brush over with thin starch, and in both cases return to the oven to set the glaze. Both the egg and starch should be well rubbed in. To make the starch stir two teaspoonfuls of cornstarch with a little cold water, then pour on half a cupful of boiling water and let boil ten minutes.

CONSERVATION SANDWICHES, No. 1

Spread any variety of stale bread cut for sandwiches with butter and a thick layer of grated cheese (dry). Sprinkle with salt and paprika and press together corresponding slices or shapes. Melt three or four tablespoonfuls of Crisco in a frying pan, lay in the sandwiches and when delicately browned on one side, turn to brown the other side. If the bread be very stale, beat an egg, add half a cupful or more of milk, with a dash of salt and pepper, and soften the sandwiches in this before frying them.

CONSERVATION SANDWICHES, No. 2

6 olives
1 or 2 chicken livers
cooked salad dressing
bread cut for sandwiches

Chop the olives fine, mash the cooked livers smooth, mix the olives and livers with enough dressing to make a smooth paste, and use as a filling for any variety of bread.

Use level measurements for all ingredients

BARLEY-AND-RICE MUFFINS

2 tablespoonfuls Crisco
2 tablespoonfuls sugar
1 egg, well beaten
1 cupful boiled rice
1 cupful barley flour
4 teaspoonfuls baking powder
1 teaspoonful salt
1 cupful milk

Cream the Crisco; beat in the sugar, the egg, and rice (grains should be distinct), and beat thoroughly. Mix and sift flour, baking powder, and salt. Add, alternately, with milk to first mixture. Beat well; bake in moderate oven about 25 minutes.

DELICATE CORN MEAL MUFFINS

1 cupful scalded milk
½ cupful corn meal
1 cupful cold milk
½ teaspoonful salt
1 tablespoonful Crisco
1 egg, beaten light
½ cupful wheat flour, or
1 cupful oat flour
¼ cupful rice flour
3 teaspoonfuls baking powder

Mix the corn meal with the cold milk and salt, and stir into the scalded milk. Stir and let cook to a thick mush; add the Crisco and cool a little; add the egg and flour sifted with the baking powder, and mix thoroughly. Bake in a hot well-Criscoed muffin pan about 20 minutes.

CHEESE MUFFINS

1 cupful rye meal
1 cupful oat, barley or wheat flour
4 teaspoonfuls baking powder
½ teaspoonful salt
¼ cupful honey or sugar
1 egg, beaten light
1 cupful milk
4 tablespoonfuls Crisco, melted

To the dry ingredients sifted together, add the liquid ingredients and mix thoroughly. Have ready an iron muffin pan, hot and well-Criscoed; put a spoonful of mixture in each compartment, lay on a thin slice of cheese, and add another spoonful of batter. Bake about 25 minutes.

BRAN MUFFINS

1 cupful wheat flour
½ cupful corn flour or meal
½ cupful rye meal
1 teaspoonful soda
2 teaspoonfuls baking powder
¾ teaspoonful salt
1 cupful purified bran
¼ cupful molasses
3 tablespoonfuls melted Crisco
1 egg, beaten light
2 cupfuls buttermilk

Sift together the first six ingredients; add the others and mix thoroughly. Bake about 25 minutes in a hot well-Criscoed muffin pan (preferably iron). The recipe makes 18 muffins.

OATMEAL MUSH MUFFINS

1 cupful warm oatmeal
4 tablespoonfuls Crisco
¼ cupful sugar
1 cupful flour or corn meal
4 teaspoonfuls baking powder
1 teaspoonful salt
1 egg, beaten light
½ cupful milk (about)

Left-over mush may be reheated; in it melt the Crisco, add the dry ingredients sifted together, then the egg and milk, and mix thoroughly. Bake in a hot, well-Criscoed iron muffin pan about 25 minutes.

Use level measurements for all ingredients

CORN BREAD

½ cupful Crisco
½ cupful sugar
3 egg yolks
1¼ cupfuls sweet milk
⅞ cupful corn meal
2 cupfuls sifted pastry flour, or
1 cupful oat or barley flour
1 cupful wheat flour
5 teaspoonfuls baking powder
1 teaspoonful salt
2 egg whites, beaten dry

Cream the Crisco, beat in the sugar, then the yolks, beaten light. Sift together the corn meal, flour, baking powder and salt, add to the first mixture alternately with the milk, then beat in the whites of eggs. Bake in a well-Criscoed pan about twenty-five minutes.

MICHIGAN MUFFINS

1 cupful barley or oat flour
½ cupful wheat flour
½ teaspoonful salt
½ teaspoonful soda
1½ teaspoonfuls baking powder
1 egg, beaten light
3 tablespoonfuls Crisco, melted
1 cupful thick sour cream or sour milk

Sift all the dry ingredients together into a bowl; add the egg, Crisco, and cream, and beat thoroughly. Bake in a well-Criscoed muffin pan or in Criscoed rings set on a hot griddle. When baked on the griddle, turn when the first side is baked to bake the other side.

BARLEY MEAL MUFFINS

1 cupful barley meal
1 cupful whole wheat flour
4 teaspoonfuls baking powder
½ teaspoonful salt
¼ cupful sugar
1 egg, beaten light
1¼ cupfuls milk
2 to 3 tablespoonfuls melted Crisco

Sift together the dry ingredients, add the milk and egg and mix thoroughly; beat in the Crisco. Bake in a hot, well-Criscoed muffin pan about 25 minutes.

BUCKWHEAT MUFFINS

1 cupful buckwheat flour
1 cupful corn meal
½ teaspoonful salt
4 teaspoonfuls baking powder
1 egg, beaten light
1 cupful milk
2 tablespoonfuls melted Crisco

Pass all the dry ingredients through the sieve together. Add the liquid ingredients and mix thoroughly. Bake in a hot, well-Criscoed iron muffin pan about 25 minutes.

RYE MEAL POP-OVERS

⅔ cupful rye meal
⅓ cupful wheat, barley, or oat flour
⅓ teaspoonful salt
1 cupful milk
2 eggs
1 tablespoonful melted Crisco

Pass the dry ingredients through the sieve together; remove any straws in sieve and add bran to other ingredients; add milk, eggs, and Crisco, and beat with a Dover egg-beater until smooth. Turn into very hot, well-Criscoed iron muffin pan. Bake about 40 minutes.

CANADIAN OAT MUFFINS

Canadian oat flour is rather coarser than graham flour. Either this or the oat flour ground in the United States, or rolled oats ground in a food chopper, makes good muffins.

1 cupful oat flour
1 cupful wheat flour
¼ cupful sugar
¾ teaspoonful salt
4 teaspoonfuls baking powder
1 egg, beaten light
1 cupful milk (about)
3 tablespoonfuls melted Crisco

Sift all the dry ingredients together. If the oat flour is coarse and does not pass through the sieve, remove any straws that are present, and add the rest to the other dry ingredients. Stir in the egg, milk, and Crisco. Bake in hot Criscoed pan about 25 minutes.

Use level measurements for all ingredients

GRAHAM-AND-BARLEY POP-OVERS

3 eggs, beaten light
2 cupfuls milk
1 tablespoonful lime water
1 cupful Graham flour
1 cupful barley flour
1 tablespoonful sugar
1 teaspoonful salt
2 tablespoonfuls melted Crisco

Add the milk to the eggs; sift together the dry ingredients; gradually beat the dry ingredients into the liquid, using an egg beater; lastly, beat in the Crisco. Bake in hot well-Criscoed glass or other cups nearly one hour.

WAR MUFFINS (no wheat)

2 cupfuls barley flour
1 cupful corn flour
4 teaspoonfuls baking powder
1½ teaspoonfuls salt
1 egg beaten light
¼ cupful molasses
3 tablespoonfuls melted Crisco
1¼ cupfuls milk

Mix and sift dry ingredients; add egg, molasses, Crisco and milk; beat well; bake in hot Criscoed muffin pans, in a moderate oven, about 25 minutes.

OATMEAL-AND-CORN-MEAL MUFFINS

1 cupful soft cooked oatmeal (left over, warmed)
2 tablespoonfuls Crisco
1 teaspoonful salt
1 egg, beaten light
¾ cupful milk
2 cupfuls corn meal
4 teaspoonfuls baking powder
¼ cupful sugar

Melt the Crisco in the oatmeal; add the salt, egg, and milk, then beat in the corn meal, baking powder, and sugar, sifted together. Bake in hot Criscoed iron muffin pans. The recipe makes eighteen muffins.

COOKED RICE MUFFINS (12 muffins)

1 cupful cooked rice, grains distinct
1 cupful milk
2 tablespoonfuls melted Crisco
1 cupful wheat flour
4 teaspoonfuls baking powder
1 teaspoonful salt
2 tablespoonfuls sugar

Mix the rice evenly through the milk and Crisco. A beaten egg may be added if desired. Sift in the flour, baking powder, salt, and sugar, and mix thoroughly. Bake in a hot Criscoed muffin pan about 25 minutes.

LIBERTY BARLEY YEAST BISCUIT

1 cupful milk, scalded and cooled
1 tablespoonful lime water
1 cake compressed yeast
¼ cupful lukewarm water
1½ cupfuls wheat flour (about)
¼ cupful Crisco, melted
½ teaspoonful salt
1 tablespoonful sugar
¾ cupful barley flour
½ cupful rye meal
½ cupful wheat flour (about)

Add the lime water to the milk; soften and mix the yeast with the lukewarm water and add to the milk with the flour. Beat until smooth, cover, and let stand to become very light; add the Crisco, salt, sugar, and flour, and mix to a dough. Knead and set to rise in a clean Criscoed bowl. When light, turn upside down on a board, roll into a sheet, cut into rounds, and set into a Criscoed pan. When again light bake about 20 minutes.

RYE MEAL BISCUIT

1 cupful rye meal
1 cupful wheat flour
4 teaspoonfuls baking powder
½ teaspoonful salt
2 to 3 tablespoonfuls Crisco
¾ cupful milk (about)

Sift together the dry ingredients; remove straws, if present, from the bran (rye), and add to the sifted ingredients. Cut in the Crisco; add the milk, a few drops at a time, and mix to a dough. Turn on a floured board to coat slightly, knead, roll in a thin sheet, and cut in rounds; bake in a hot oven.

Use level measurements for all ingredients

BARLEY AND RICE FLOUR BISCUIT

1½ cupfuls barley flour
½ cupful rice flour
4 teaspoonfuls baking powder
½ teaspoonful salt
4 tablespoonfuls Crisco
2 tablespoonfuls lime water
⅔ cupful milk or water (about)

Pass together through a sieve, three times, the flour, baking powder and salt. With two knives or finger tips, work in the Crisco; add the liquid, a little at a time, mixing with a knife, meanwhile, to a soft dough, but one that can be handled. Turn the dough upon a floured board and turn with a knife until lightly floured, then knead lightly with the hands to get it into a smooth mass; pat with the rolling pin and roll into a sheet about three-fourths an inch thick; cut into rounds; set these close together in a Criscoed pan and bake from 15 to 20 minutes. For white flour biscuits substitute two cupfuls of white flour for the barley and rice flour.

BARLEY DROP BISCUIT

2 cupfuls barley flour
1½ teaspoonfuls salt
5 teaspoonfuls baking powder
4 tablespoonfuls Crisco
1 cupful milk

Mix and sift together the flour, salt and baking powder; cut in the Crisco with two knives or work it in with the tips of the fingers; mix to a soft dough with the milk; drop from a spoon on a Criscoed baking pan. Bake in a quick oven.

POTATO BISCUITS

1½ cupfuls pastry flour
3 teaspoonfuls baking powder
1 teaspoonful salt
1 cupful mashed potato
¼ cupful Crisco
about ½ cupful milk

Sift together the flour, baking powder and salt; add the potato pressed through a ricer, cut in the Crisco, then use milk, as needed, to mix to a dough that cleans the bowl. Turn on a floured board with the knife to coat with flour; knead slightly then pat and roll into a sheet. Cut in rounds and bake about 15 minutes in a quick oven.

BARLEY AND WHEAT BAKING POWDER BISCUIT

1 cupful barley flour
1 cupful wheat flour
4 teaspoonfuls baking powder
2 tablespoonfuls Crisco
1 teaspoonful salt
about ¾ cupful milk

Mix and sift all dry ingredients together. Cut in or work in with the tips of the fingers very thoroughly the Crisco. Add the milk gradually, cutting it in with a knife, to make a soft dough. Toss lightly on a well-floured board, roll to one-half inch in thickness, shape with biscuit cutter and bake in a hot oven 15 minutes. This same dough can be used for fruit dumplings.

RICE PUFFS

1 cupful boiled rice
½ teaspoonful salt
1 tablespoonful Crisco
2 egg yolks, beaten light
2 egg whites, beaten very light

The grains of rice should be distinct, preferably hot, add the salt, Crisco, and yolks; then fold in the whites. Drop by tablespoonfuls in Criscoed tins. Bake in a quick oven.

QUICK BUCKWHEAT GRIDDLECAKES

1 cupful buckwheat flour
⅓ teaspoonful salt
1 tablespoonful sugar
3 teaspoonfuls baking powder
1 cupful cold water
¼ cupful milk
1 tablespoonful melted Crisco

Sift the dry ingredients together twice, add the other ingredients and mix. Bake at once on a hot griddle.

CORN FLAKE GRIDDLECAKES

½ cupful wheat, oat or barley flour
¼ cupful corn or rice flour
2 teaspoonfuls baking powder
½ teaspoonful salt
1 egg, beaten light
1 cupful milk
1 tablespoonful melted Crisco
1 cupful corn flakes

Sift together the first four ingredients, add the others in the order enumerated and mix. Bake at once on a hot Criscoed griddle. A little more milk may be needed, but do not add until after baking one cake.

PLAIN RICE GRIDDLECAKES

1 cupful hot, boiled rice (grains distinct)
1 tablespoonful Crisco
1 cupful milk
1 egg, beaten very light
½ cupful wheat, oat or barley flour
¼ cupful corn or rice flour
2 teaspoonfuls baking powder
½ teaspoonful salt

Melt the Crisco in the hot rice; add the milk and egg, and the flour sifted with baking powder and salt. Mix thoroughly and bake at once on a hot griddle.

OATMEAL GRIDDLECAKES

1 cupful cold cooked oatmeal
½ teaspoonful salt
½ cupful boiling water
½ cupful sour or buttermilk
1 egg, beaten very light
½ cupful wheat flour
¼ cupful corn flour
1½ teaspoonfuls baking powder
⅓ teaspoonful soda

Mix the oatmeal, salt and boiling water to a smooth consistency; add the milk, egg and flour, sifted with the baking powder and soda, and mix. Bake on a hot griddle rubbed over with Crisco.

WHEATLESS RICE GRIDDLECAKES (no milk)

½ cupful rice
3 cupfuls boiling water
1 teaspoonful salt
1½ cupfuls sifted rice
¼ teaspoonful salt
2 egg yolks
½ cupful barley flour
¼ cupful rice or corn flour
2 teaspoonfuls baking powder
2 egg whites, beaten light
2 tablespoonfuls melted Crisco

Wash or blanch the rice, then cook in the water with the salt till tender. Press the rice through a ricer or sieve; the rice will now be quite liquid as all the water is to be retained; this is the rice of which one and one-half cupfuls are to be taken; add the salt, yolks and flour, sifted with the baking powder, and mix, then beat in the whites and Crisco. Bake at once on a hot griddle.

Use level measurements for all ingredients

WAR TIME GRIDDLECAKES

1 egg yolk
¾ cupful milk
¾ cupful water
2½ cupfuls bread crumbs
2 cupfuls barley or oat flour
2 teaspoonfuls salt
8 teaspoonfuls baking powder
1 tablespoonful melted Crisco
1 egg white

Soak stale bread until sufficiently soft. Squeeze as dry as possible. Then crumble and measure. Beat egg yolk well, add milk, water, bread crumbs, flour, salt, baking powder and melted Crisco. Beat the egg white and add it. Fry in well-Criscoed pans. This recipe makes about two dozen medium-sized cakes. Serve with a "conservation syrup" made of apple or other fruit parings, water and sugar. A little Loganberry juice will give it a delicious flavor.

SOUR MILK GRIDDLECAKES

1 cupful sour or buttermilk
1 egg, beaten light
¾ cupful barley flour
¼ cupful rice flour
2 teaspoonfuls baking powder
⅓ teaspoonful soda
½ teaspoonful salt
2 tablespoonfuls melted Crisco

Add the milk and egg to the flour, baking powder, soda, and salt, sifted together; mix, add the Crisco, and beat in thoroughly. Bake on hot, Criscoed griddle. Other flour may be used in the same way. Bake one cake; if too thick, add a tablespoonful of sweet milk or water; if too thin, add a tablespoonful of flour.

BARLEY WAFFLES

1 cupful barley flour
½ cupful corn flour
½ cupful wheat flour
4 teaspoonfuls baking powder
½ teaspoonful salt
3 egg yolks, beaten light
1¼ cupfuls milk
6 tablespoonfuls melted Crisco
3 egg whites, beaten very light

Sift together the first five ingredients; add the yolks, milk, and Crisco and beat thoroughly; fold in the whites; bake in a hot, well-Criscoed waffle iron.

RICE WAFFLES

1 cupful oat or barley flour
½ cupful wheat flour
½ teaspoonful salt
3 teaspoonfuls baking powder
1 cupful boiled rice, grains distinct
3 tablespoonfuls melted Crisco
1¼ cupfuls rich milk
2 eggs, beaten separately

Sift all the dry ingredients together; add the rice, Crisco and beaten yolks with the milk and mix all together; beat in the whites. Bake at once on hot well-Criscoed waffle iron.

CRUST FOR MEAT PIE

1 cupful barley flour
½ cupful rice flour
3 teaspoonfuls baking powder
½ teaspoonful salt
3 tablespoonfuls Crisco
milk for soft dough

Sift dry ingredients together; cut in the Crisco, and add milk gradually. Toss on floured board, and roll to fit the dish. Cut slits at the center, and set in place over the meat. Bake about 20 minutes.

Use level measurements for all ingredients

THICK INDIAN PANCAKES

2 cupfuls corn meal
¾ teaspoonful salt
1 tablespoonful Crisco
boiling water
3 eggs, beaten light
½ cupful flour
milk if needed
1 teaspoonful baking powder

Pour enough boiling water (about 2½ cupfuls) over the corn meal, salt, and Crisco to scald the meal; cover the bowl and set aside until the next morning. Add the eggs and flour, also milk, if the mixture seems too thick, and beat all together; lastly, sift in the baking powder and beat again. Put a tablespoonful of Crisco in a cloth and with it rub over the inner surface of a hot frying pan, drop the batter by spoonfuls into the spider, let cook slowly three or four minutes, then turn and cook the other side. Send at once to the table.

WAR TIME PHILADELPHIA BUTTER BUNS

1 cake compressed yeast
¼ cupful lukewarm water
1 cupful scalded milk
1½ cupfuls wheat flour
2 tablespoonfuls honey
¼ cupful melted Crisco
2 egg yolks
1 teaspoonful salt
grated rind 1 lemon
1¼ cupfuls rice or white corn flour
½ cupful (about) wheat flour
3 tablespoonfuls creamed Crisco
⅔ cupful brown sugar

1 tablespoonful cinnamon
½ cupful small raisins

Make a sponge of the first four ingredients; when light, add the honey, Crisco, yolks, salt, lemon rind, and flour, and mix to a dough. Knead until smooth and elastic. Cover close and set aside to become doubled in bulk. Turn on a board without disturbing the dough more than is necessary. Roll into a thin rectangular sheet; spread with part of the creamed Crisco, dredge on one or two tablespoonfuls of the sugar and the cinnamon; sprinkle on the currants and roll as a jelly roll. Cut into pieces about an inch and a quarter long. Put the rest of the Crisco into a pan 7 x 10 inches; sprinkle in the rest of the brown sugar; set the buns on the sugar and let become light. Bake in a moderate oven. Turn upside down to cool. These are good reheated.

OAT BANNOCK

2½ cupfuls rolled oats
1 teaspoonful salt
1 tablespoonful Crisco
⅔ cupful lukewarm water (about)

Add the salt to the oats; melt the Crisco in the water and use to mix the oats to a dough. Divide into four pieces. Knead each piece, then roll into a round as thin as possible. Lift the dough occasionally with a spatula while shaping; it may thus be rolled more easily. Dredge the board with flour or dry oatmeal. Bake about 30 minutes. Good with salads, cheese, stewed prunes, or at any time in place of bread.

COOKED-RICE-AND-CORN-MEAL TEA CAKE

1 cupful yellow corn meal
2 teaspoonfuls baking powder
½ teaspoonful salt
2 tablespoonfuls sugar
2 cupfuls cooked rice, grains distinct
2 eggs, beaten light
⅔ cupful milk
2 tablespoonfuls melted Crisco

Sift together the first four ingredients; mix in the rice lightly; add the eggs, milk, and Crisco; mix thoroughly and turn into a shallow Criscoed pan. Bake about 25 minutes.

Use level measurements for all ingredients

POTATO-AND-BARLEY DOUGHNUTS

1¼ cupfuls barley flour
1 cupful wheat flour
½ teaspoonful salt
½ teaspoonful mace
¼ teaspoonful soda
2 level teaspoonfuls baking powder
1 egg and 1 yolk
½ cupful sugar
½ cupful mashed potatoes
1 teaspoonful melted Crisco
⅓ cupful sour milk or buttermilk

Pass all the dry ingredients through the sieve together. Beat the egg and yolk, beat in the sugar, potato, Crisco, and buttermilk and stir into the dry ingredients. Knead a little of the dough at a time, pat and roll into a sheet, cut in rings and fry in deep Crisco. This makes about two dozen doughnuts.

BARLEY NUT DOUGHNUTS

¼ cupful honey
¼ cupful corn syrup
1 egg
¾ cupful buttermilk
3½ cupfuls barley flour
1 teaspoonful salt
½ teaspoonful ground nutmeg
¼ cupful chopped nuts
1 tablespoonful melted Crisco
½ teaspoonful soda
3 teaspoonfuls baking powder

Cream together the melted Crisco, honey and syrup. Add the egg beaten very light, and the buttermilk mixed with the soda. Mix the dry ingredients thoroughly and add to the mixture. Lastly, add the chopped nuts. Roll out on a floured board to one-quarter inch thickness. Cut with a doughnut cutter and fry in Crisco until a golden brown. If you use a thermometer, the temperature should be 360° F. Raisins, currants, figs, or dates may be used to vary the recipe.

LENTEN FRITTERS

2 cupfuls hot milk
½ cupful fine corn meal
½ teaspoonful salt
¼ cupful sugar
2 egg yolks
grated rind 1 lemon or orange

Sift together the corn meal, salt, and sugar, then stir vigorously while gradually sprinkling into the hot milk; continue to stir until the mixture thickens, then cover and let cook one hour or longer, stirring occasionally; add a little of the hot mush to the yolks and grated rind, mix and stir into the rest of the hot mixture; beat thoroughly, then cover and let cook about two minutes. Turn into a Criscoed shallow pan to make a sheet half an inch deep. When cold, cut into rings with a doughnut cutter; dip the rings in flour and fry in hot Crisco; drain on soft paper, sprinkle with powdered sugar and serve at once.

PRUNE BREAKFAST CAKE

1½ cupfuls fine oat flour
½ cupful rice flour
4 teaspoonfuls baking powder
¾ teaspoonful salt
3 tablespoonfuls Crisco
1 egg, beaten light
½ cupful milk (about)
½ lb. cooked prunes

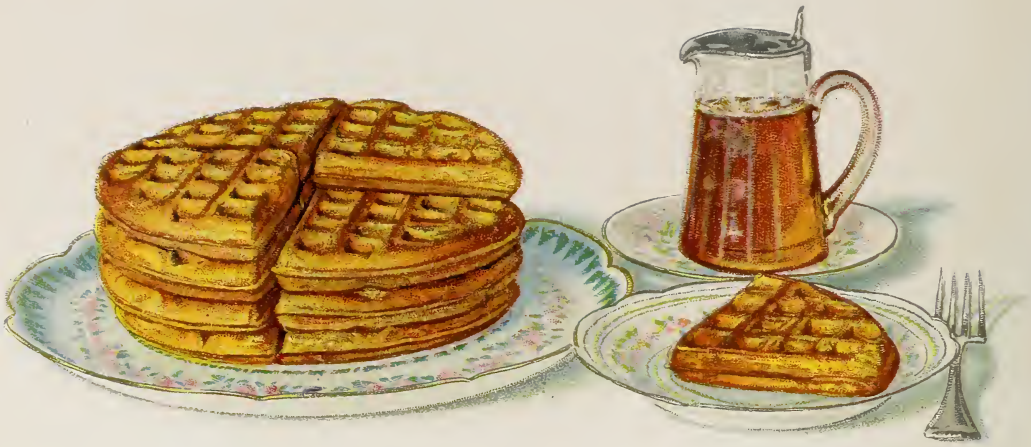
Rub over a baking dish with Crisco, turn into it the prunes from which the stones have been taken; add the juice, which should be well reduced in cooking. Sift together the flour, baking powder, and salt, and cut in the Crisco; add the milk to the egg and use in mixing the dry ingredients to a soft dough. Spread the dough over the prunes. Bake about 25 minutes. Serve, cut in squares, with sugar and cream or butter. The egg may be omitted by using a little more milk. Barley flour may replace the rice flour. Apricots, apples, and other fruit may be used in the same manner.

CORN CRUST

2 cupfuls corn meal
2 tablespoonfuls Crisco
1½ teaspoonfuls salt
1 teaspoonful sugar
2 cupfuls boiling water
1 egg, beaten light

Pour the boiling water over the first four ingredients and mix thoroughly; beat in the egg. Spread thin in small well-Criscoed biscuit pans. Smooth with a knife wet in cold water. Score for cutting or breaking into portions. Bake in a quick oven about 10 minutes, or until delicately browned. These burn easily and must be watched while cooking.

Use level measurements for all ingredients



WAFFLES

½ cupful corn flour
1 cupful pastry flour
4 teaspoonfuls baking powder
¾ teaspoonful salt
2 egg yolks
1 cupful thin cream
¼ cupful sweet milk
½ cupful melted Crisco
3 egg whites

Sift together the flour, baking powder and salt; beat the yolks, add the cream and milk and stir into the dry ingredients, add the Crisco and whites of eggs beaten dry and beat all together thoroughly. Bake at once on a hot well-Criscoed waffle iron.

CORN MEAL STICKS

1 cupful corn meal
¾ cupful oat or barley flour
3 teaspoonfuls baking powder
½ teaspoonful salt
½ cupful hot cooked hominy
¼ cupful Crisco
1 cupful milk
1 egg, well beaten

Sift together the meal, flour, baking powder and salt; melt the Crisco in the hominy, add the milk and egg. Turn into well-Criscoed bread stick pans. Bake about 20 minutes.

OTHER CORN MEAL STICKS

Southern corn pone or any of the corn muffin recipes may be baked in bread stick pans.

SOUTHERN CORN PONE

2 cupfuls scalded milk
1 cupful Indian meal
1 teaspoonful salt
3 tablespoonfuls Crisco
2 eggs, well beaten
1½ teaspoonfuls baking powder

Pour the hot milk gradually over the meal, salt, and Crisco, stirring constantly meanwhile; let cool a little, then beat in the eggs and the baking powder. Turn into a Criscoed baking dish. Bake in a moderate oven about 35 minutes.

JOHNNYCAKE

1½ cupfuls flour
½ cupful corn meal
½ teaspoonful salt
4 teaspoonfuls baking powder
2 tablespoonfuls sugar
1 tablespoonful melted Crisco
1 egg
1 cupful milk

Mix and sift dry ingredients; add melted Crisco, then egg and milk. Mix well and bake in a well-Criscoed pan in a hot oven. Time depends upon thickness of loaf.

BARLEY-AND-CORN-MEAL STICKS

¾ cupful barley flour
¾ cupful corn meal
3 teaspoonfuls baking powder
1 teaspoonful salt
2 tablespoonfuls Crisco
1 egg, beaten light
¼ cupful milk

Mix and sift together the dry ingredients; cut in the Crisco. Add the egg and milk and mix. Turn the ingredients on a board; shape into small oblong rolls. Bake in a moderate oven about 20 minutes.

CHEESE

CHEESE BISCUIT

2 tablespoonfuls Crisco
2 tablespoonfuls flour
¼ teaspoonful salt
¼ teaspoonful paprika
¼ teaspoonful mustard
1 cupful milk
1¼ cupfuls grated cheese
1 egg, beaten light
baking powder biscuit
paprika

Melt the Crisco, add the flour, salt, paprika, and mustard, and stir and cook till frothy; add the milk and stir until boiling; beat in the cheese, then the egg, stir over boiling water until the egg is "set," then turn into an earthen bowl and set aside, covered, until ready to use. Have ready fresh-made or reheated baking powder biscuits — barley and rice flour are suitable (see recipe page 24). Split the biscuit, set them in a baking pan, and above each dispose a spoonful of the cold cheese mixture; sprinkle the cheese with paprika and set into the oven long enough to reheat. The cheese mixture may also be served at once by pouring it while hot over ordinary crackers made hot in the oven.

TOMATO AND CHEESE FRITTERS

2 tablespoonfuls Crisco
½ onion, sliced
2 branches parsley
½ a green pepper, shredded
2 cupfuls tomato
6 tablespoonfuls cornstarch
½ cupful cold water
½ teaspoonful salt
½ teaspoonful paprika
1 cupful grated cheese

Melt the Crisco, in it stir and cook the onion, parsley and green pepper until softened and yellowed; add the tomato and let simmer 15 minutes; strain and heat to the boiling point (there should be 1½ cupfuls of tomato); stir the cornstarch with the cold water, pour into the hot tomato and stir until it thickens; set over boiling water and let cook 20 minutes; add the salt, paprika, and cheese and stir until the cheese is melted. Turn into a shallow Criscoed dish. When cold, turn on a board or paper, cut in figures; egg and bread-crumb; fry in hot Crisco.

GNOCCHI À LA ROMANIE

2 cupfuls milk
¼ cupful corn flour or meal
¼ cupful barley or oat flour
½ teaspoonful salt
½ teaspoonful paprika
3 tablespoonfuls Crisco
2 egg yolks
1 to 2 cupfuls grated cheese

Take part of the milk and use in mixing the flour, meal, salt and paprika to a thin consistency. Scald the rest of the milk in a double boiler; stir and cook the flour in the hot milk until the mixture thickens; cover and let cook 20 minutes, stirring occasionally. Beat the Crisco to a cream, beat in the yolks one after the other and stir into the hot mixture. Cover and let cook until the egg is "set," then beat in half the cheese. Turn the mixture into a Criscoed biscuit pan to make a layer half an inch thick. When cold, turn from the pan; cut in squares or rounds; set in layers in a Criscoed baking dish with cheese between and above. When ready to serve, reheat in the oven. Serve in the baking dish.

Use level measurements for all ingredients

CHEESE AND CORN CAKE SOUFFLÉ

2 tablespoonfuls Crisco
1 tablespoonful corn flour
¼ teaspoonful soda
¼ teaspoonful paprika
¼ teaspoonful salt
¾ cupful milk
½ cupful fine corn bread crumbs
1 cupful grated cheese
3 egg yolks, beaten light
3 egg whites, beaten very light

Melt the Crisco; in it cook the corn flour, soda, paprika, and salt; add the milk and stir until smooth and boiling; add the crumbs, cheese, and yolks; fold in the whites; bake in a Criscoed dish standing in hot water until firm in the center (about 25 minutes). Serve at once.

CHEESE RAMEKINS

1 cupful corn cake crumbs
½ teaspoonful salt
½ teaspoonful paprika
¼ pound grated or sliced cheese
2 eggs, beaten light
2 cupfuls milk

Mix all the ingredients together, turn into Criscoed ramekins (one dish may be used) and let bake until firm in the center. Serve hot with green vegetables or stewed fruit.

CHEESE TIMBALES

2 tablespoonfuls Crisco
2 tablespoonfuls flour
1 cupful rich milk
½ pound grated cheese
½ teaspoonful salt
½ teaspoonful paprika
3 whole eggs
3 egg yolks

Make a sauce of the Crisco, flour and milk, stir in the other ingredients. Bake in Criscoed timbale molds till firm throughout. Serve hot, turned from the molds, with tomato sauce.

TOMATO RABBIT

1 tablespoonful Crisco
½ pound cheese
¼ teaspoonful salt
¼ teaspoonful paprika
¼ teaspoonful soda
2 egg yolks
½ cupful tomato purée

Melt the Crisco, turn the dish to allow the fat to run over the whole inside surface, add the cheese, salt, paprika, and soda, and stir constantly while cooking over boiling water until the cheese is melted. Add the yolks, beaten and mixed with the purée and stir until the whole is thick and smooth. Serve on the untoasted side of bread toasted upon but one side.

CHEESE SAUCE

For rice, onions, asparagus, potatoes, fish

2 tablespoonfuls Crisco
1 tablespoonful cornstarch
1 cupful milk, or
½ cupful milk, and
½ cupful water in which vegetable or fish was cooked
1 egg yolk, well beaten
¼ teaspoonful salt
¼ teaspoonful paprika
3 tablespoonfuls grated cheese

Melt the Crisco, add the cornstarch, stir until blended and bubbling; add the liquid and stir until boiling; add the salt, paprika and cheese.

Use level measurements for all ingredients

CORN BREAD CREAM TOAST WITH CHEESE

4 slices Boston Brown or other corn bread
½ cupful grated cheese

ONE CUPFUL CREAM SAUCE

2 tablespoonfuls Crisco
2 tablespoonfuls flour
¼ teaspoonful salt
1 cupful milk

Stir the cheese in the hot sauce. Toast the bread. Dip the edges of each slice of toast, one at a time, in boiling salted water, set into the sauce, cover with sauce and lift to a hot dish. Tomato sauce may be used in place of cream sauce, or the cheese sauce given on page 33 may be used.

CHEESE AND RICE FRITTERS

¼ cupful rice
½ cupful boiling water
½ cupful tomato purée
¼ teaspoonful salt
¼ teaspoonful paprika
½ cupful grated cheese
2 tablespoonfuls flour
1 teaspoonful baking powder

Bring the rice to the boiling point in a quantity of cold water; let cook three minutes and drain; rinse in cold water and drain again. Set to cook in a double boiler in the water and purée; add the salt and pepper and let cook until tender. To one cupful of this rice, add the cheese and flour mixed with the baking powder. Drop by spoonfuls into hot Crisco and let cook to a golden color; drain on soft paper and serve at once. If the rice be too dry, add a tablespoonful or more of broth; if too soft, a tablespoonful or more of flour. No perceptible fat should be absorbed in frying and the fritters should hold their shape.

CHEESE FONDUE

2 tablespoonfuls Crisco
1 tablespoonful flour
¼ teaspoonful soda
¼ teaspoonful mustard
¼ teaspoonful paprika
¼ teaspoonful salt
1 cupful milk
½ cupful fine, soft bread crumbs
½ pound cheese, cut in thin slices
3 egg yolks, beaten light

Melt the Crisco; in it cook the flour, soda, mustard, paprika, and salt; add the milk and stir until boiling; set the sauce into a dish of hot water; add the crumbs and cheese and stir until the cheese is melted and the mixture is smooth; beat in the egg yolks and stir until the egg is set. Serve on crackers or on the untoasted side of bread toasted on but one side.

CHEESE SOUFFLÉ

2 tablespoonfuls Crisco
2 tablespoonfuls flour
¼ teaspoonful salt
¼ teaspoonful soda
¼ teaspoonful mustard
¼ teaspoonful cayenne
½ cupful milk
1 cupful grated cheese (half pound)
3 egg yolks, beaten light
3 egg whites, beaten very light

Melt the Crisco, in it cook the flour, salt, soda, mustard, and cayenne; add the milk and stir until boiling; add the cheese and egg yolks; fold in the whites and turn into a Criscoed baking dish. Set the dish in a pan of boiling water (on many folds of paper or cloth) and let bake until well puffed and firm in the center. The water should not boil during the cooking. Serve at once.

Use level measurements for all ingredients

CHEESE CROQUETTES

3 tablespoonfuls Crisco
⅓ cupful flour
¼ teaspoonful salt
¼ teaspoonful paprika
⅔ cupful milk
1 egg or 2 egg yolks
1 cupful cheese in cubes
½ cupful grated cheese

soft sifted bread crumbs
1 egg
3 tablespoonfuls milk

Crisco for frying

Melt the Crisco; in it cook the flour and seasonings; add the milk and stir until boiling; beat in the egg beaten light and let cook until the egg is "set;" stir in the cheese and turn on a Criscoed plate; when chilled a little form into cylinder shapes; roll in crumbs, cover with egg and again roll in crumbs. Fry in hot Crisco. Serve at once with a green salad and coarse bread.

FRIED FILETS OF FISH

Halibut, flounder, and bass are particularly good cooked in this way. The fish must be free of bones and skin and the filets should be of the same shape and size. Rub the filets with the cut side of an onion and dip them in melted Crisco and lemon juice, to which onion juice has been added. Drain, roll in flour, then in egg and soft sifted bread crumbs, and fry in deep Crisco. It will take about six minutes to cook the filets. Drain on soft paper. Serve with highly seasoned tomato sauce, or Crisco salad dressing.

TWO CUPFULS TOMATO SAUCE

½ can tomato
½ an onion with 2 cloves in it
1 stalk celery
2 sprigs parsley
1 bit of ham or bacon
¼ a green or red pepper
¼ cupful Crisco
¼ cupful flour
¾ teaspoonful salt
½ teaspoonful paprika
1 cupful broth
1 cupful tomato purée

Cook the tomato, vegetables, and ham about 20 minutes, then press through a purée sieve, and set aside for use as needed. Melt the Crisco; in it cook the flour, salt, and paprika; add the cold broth and mix a little; add the tomato and stir constantly until smooth and boiling. The sauce may be made of purée without broth, or, it may be made with a cupful and a half of broth and half a cupful of chili sauce or tomato catsup.

BROILED MACKEREL

The fire should be moderate. The broiler should be hot before the fish is set in place or it will stick to the wires. Wipe the fish with a damp and then a dry cloth, and brush over both sides of the fish with melted Crisco, then set it on or in the hot broiler. Cook principally on the flesh side of the fish, making the skin crisp and slightly brown at the last. A mackerel will take nearly 25 minutes to cook. Set the fish on a hot dish. Have ready three tablespoonfuls of Crisco, beaten to a cream; beat in one-third a teaspoonful of salt, one-fourth a teaspoonful of paprika and drop by drop two tablespoonfuls of lemon juice. Spread this over the fish. Sprinkle with fine-chopped parsley. Serve at once.

HADDOCK OR COD BAKED WITH TOMATO

Remove the skin and bones from a three- or four-pound fish; cut the flesh in long pieces suitable for one service; fold the pieces of fish to increase the thickness; hold each piece as folded with a wooden toothpick dipped in melted Crisco (to facilitate its removal after cooking). Rub over the inside of the baking dish (one suitable for serving) with Crisco; set in it the prepared fish; pour over the fish about a cupful of tomato purée; lay on each piece of fish a thin slice of onion; sprinkle in half a teaspoonful of salt; let cook in the oven about 25 minutes. Remove the onion and pour on half a cup of thin cream, scalded. Serve in the baking dish.

Use level measurements for all ingredients

FINNAN HADDIE BALLS

2 cupfuls raw potatoes (pared and cut in quarters)
1 cupful finnan haddie (in bits)
½ teaspoonful pepper
½ teaspoonful salt
1 egg, beaten light
10 slices bacon
Crisco for frying

Put the potatoes in a saucepan, pour in boiling water to nearly cover the potatoes; above and at the center of the potatoes set the finnan haddie, cover and let cook until the potatoes are tender. Drain the water from the dish, shake the fish from the potatoes and press the latter through a ricer and return to the fish; add the pepper and salt as needed and mix; add a little of the mixture to the egg, blend thoroughly and beat into the rest of the mixture. Press the mixture, lightly, into balls. Fry, five at a time, in Crisco hot enough to turn a bread crumb golden brown in 40 seconds. Serve with piccalilli in lemon cups and bacon rolls. Roll each slice of bacon like a jelly roll, push a wooden toothpick through each to hold it in shape and fry in the Crisco before the fish balls are fried; remove the toothpick before serving.

BASS OR OTHER FRESH-WATER FISH BAKED IN MILK

Remove skin and bone from the fish and cut the fish in pieces for serving. Scrape onion pulp over the pieces of fish, also squeeze on a little lemon juice and let stand in a cool place an hour or longer. Rub over a baking dish with Crisco; set in the pieces of fish and pour on milk to half their height. Let cook in the oven about 20 minutes, basting with the milk three times. Beat a tablespoonful of Crisco to a cream; beat in half a teaspoonful of salt, a tablespoonful of flour and a tablespoonful of fine-chopped parsley. Lift out the fish and keep it hot; stir the flour mixture into the milk and let simmer ten minutes; add the beaten yolk of an egg diluted with a tablespoonful of cream and pour over the fish. Halibut and flounder are good cooked this way.

SWORDFISH OR HALIBUT SAUTÉ

A slice of halibut or swordfish weighing about one pound and a quarter will serve four people. Cut the swordfish into four or six pieces. If the frying pan is of a size to take the slice of halibut without crowding it, leave it whole. Wipe the fish with a damp cloth, then pat it in corn meal or flour, first on one side and then on the other. Have ready on the fire a frying pan in which about four tablespoonfuls of Crisco is melted; lay in the prepared fish, let cook until well browned next the pan, turn with a fork and spatula to brown the other side. Do not let the fish cook too fast, cooking at a high temperature toughens the fiber. After the first side is cooked, the cooking may be completed in the oven. Remove to a hot dish. Garnish with lemon and parsley. Serve with mashed or creamed potato and a green salad. Sprinkle a little salt over the fish after it is cooked.

BAKED FISH, PARSLEY AND POTATOES

Rub over a baking dish with Crisco; in it set a thick slice, or a solid filet, of fresh fish. Scrape on a little onion juice, if approved, add also a few slices of green pepper. Make broth with the trimmings of the fish, a slice of onion and piece of carrot. Pour a little broth over the fish and let cook in the oven about 20 minutes, basting with the broth three times. Pour off the broth (add enough more to make two cupfuls); thicken it with three tablespoonfuls of Crisco creamed with one-fourth a cupful of barley or rye flour, half a teaspoonful of salt and a dash of pepper. Meanwhile cook one pint of potatoes, in cubes, in boiling salted water; drain, season with salt and chopped parsley and turn around the fish, set on a hot dish. Serve the sauce in a bowl.

FISH AND POTATO SOUFFLÉ

1 cupful mashed potato
1 cupful cream or rich milk
1 teaspoonful scraped onion pulp
1 teaspoonful salt
½ teaspoonful black pepper
3 egg yolks, beaten light
2 cupfuls cooked fish in fine shreds
1 tablespoonful fine-chopped parsley
3 egg whites, beaten very light

To the potato, add the milk, seasonings, yolks, fish and parsley in order enumerated; fold in the whites of the eggs. Bake in a Criscoed baking dish standing in hot water until well puffed at the center. Serve with cream or tomato sauce or stewed tomato.

Use level measurements for all ingredients

LITTLE FISH PIES

Use left-over fish, boiled fish is good as there is fish broth (water in which fish was cooked). Slice half an onion and stir and cook in three tablespoonfuls of melted Crisco until softened and yellowed; add three tablespoonfuls of flour or half the quantity of cornstarch and stir until frothy; add one cupful of fish broth and half a cupful of milk from the top of the bottle and stir until boiling; add two cupfuls of fish separated into flakes and let become hot. Have ready baking powder biscuit (barley and rice flour) just from the oven. Turn the fish into individual ramekins (made hot in boiling water and wiped dry); set a biscuit above the fish in each. Chicken may be served in the same manner. The biscuit dough should be rolled thin.

LITTLE FISH PIES, COTTAGE STYLE

After the fish is in the ramekins, pipe hot well-seasoned mashed potato over the fish, brush the edges of the piping with melted Crisco, and set into a hot oven to brown the edges of the potato. If piping be considered too troublesome, spread the potato over the fish with a silver-plated knife.

FILETS OF FISH, FLORENTINE STYLE

Use filets from any variety of white fish; halibut and flounder are a good selection. To serve four persons, use four pieces weighing about six ounces each. Cover the bones and trimmings of the fish, a few slices of carrot and onion, three or four leaves of sweet basil and two or three branches of parsley, with cold water, and let simmer 20 minutes, then strain off the fish stock. Rub a baking dish with Crisco, and set the fish in it, pour over about half a cupful of the fish stock, and three or four tablespoonfuls of liquid from a bottle of mushrooms or the water in which dried mushrooms have been soaked. Let cook in the oven about ten minutes. Drain the liquid from the fish, use three-fourths a cupful of it with three-fourths a cupful of rich milk in making béchamel sauce. The other ingredients are three tablespoonfuls, each, Crisco and flour, half a teaspoonful salt and one-fourth a teaspoonful of paprika. Into the sauce stir half a cupful of grated cheese. Have ready, cooked, two or three quarts of spinach, chop it fine and season as for the table; spread the spinach neatly over the fish, cover the spinach with part of the sauce; over the sauce sprinkle one-half a cupful of cracker crumbs mixed with two tablespoonfuls of melted Crisco, one-fourth a teaspoonful of salt, and two tablespoonfuls of grated cheese. Bake in a hot oven about ten minutes.

BAKED SHAD ROE

1 pair shad roe
1 pint cooked tomatoes
½ teaspoonful salt
1 tablespoonful chopped onion
3 cloves
2 branches parsley
2 tablespoonfuls Crisco
1 tablespoonful flour

Simmer the roe in boiling water until tender. Cook the tomatoes, salt, onion, cloves, and parsley 20 minutes, and press through a sieve. Return to the fire, and, when boiling, stir into it the Crisco creamed and mixed with the flour. Place the roe in a Criscoed baking dish, pour over each two or three tablespoonfuls of the tomato, and bake about 45 minutes, basting several times with the sauce. Serve with the remainder of the sauce. Other fish roe may be prepared in the same way.

Use level measurements for all ingredients

CHICKEN CROQUETTES

¼ cupful Crisco
½ cupful barley flour, or
¼ cupful cornstarch
½ teaspoonful salt
⅓ teaspoonful black pepper
1 cupful chicken broth
⅓ cupful cream
1 egg, beaten light
1½ cupfuls cooked chicken (in cubes)
2 eggs, beaten
¼ cupful milk
soft sifted bread crumbs
Crisco

Melt the Crisco; add the flour, salt and pepper and stir until bubbling throughout; add the broth and cream and stir until boiling; add the egg and continue to stir and cook without boiling until the mixture separates a little from the saucepan; add the chicken, mix and turn onto a plate. When cold, shape, roll in the crumbs, cover with the eggs mixed with the milk, and again roll in the crumbs. When all are ready remove superfluous crumbs and fry in Crisco heated until a soft bread crumb dropped into it will brown in 40 seconds. Drain on soft paper. Serve at once with green peas or asparagus tips.

HOW TO COOK A FOWL

Have the fowl separated into pieces at the joints. Wash quickly and set over the fire in boiling water to cover; let boil rapidly five minutes, then let simmer until the flesh is tender. A fowl one year old should cook in two to three hours. When tender, skim from the broth. Melt one-fourth a cupful of Crisco in an iron frying pan; add one-fourth a teaspoonful of salt. Roll each joint of chicken in corn flour and set to cook in the hot Crisco. When delicately browned on one side, turn to brown the other side. Serve with mashed potato and Virginia spoon corn bread. Thicken the broth to serve with the bread and potato.

CHICKEN POT PIE WITH DUMPLINGS

Singe, clean, separate into joints, and wash a fowl or chicken. Cover with cold water and let heat *quickly* to the boiling point. Let boil five minutes, then cook at a gentle simmer until the chicken is tender. A young chicken will cook in one hour and a half; it may take four hours for an older fowl. Have ready dumpling dough. Remove some of the broth from the saucepan. Scrape the dough from a tablespoon into the saucepan, letting it rest on the chicken above the broth. Cover and let cook undisturbed 15 minutes.

DUMPLINGS

1½ cupfuls oat or barley flour
½ cupful rice flour
4 teaspoonfuls baking powder
½ teaspoonful salt
2½ tablespoonfuls Crisco
1 egg, beaten light
¾ cupful milk (about)

Pass all the dry ingredients, together, through a sieve; cut in the shortening; add part of the milk to the egg and use in mixing to a soft dough; a little less or more milk than the quantity given may be needed. The egg may be omitted, but its use insures better dumplings. While the dumplings are cooking, thicken the broth removed from the saucepan. Set the chicken on a hot platter, the dumplings around it, and pour the sauce over the whole.

MARYLAND CHICKEN

Singe, clean, and cut up one or two young chickens, sprinkle with salt and pepper, roll in flour, then in an egg, beaten and diluted with half a cupful of milk, and, finally, coat with soft crumbs. Rub over the inner surface of a dripping pan with Crisco; in it bake the chicken about half an hour in a hot oven. When the chicken is hardened a little on the outside, baste with half a cupful of Crisco melted with half a teaspoonful of salt. Baste with the Crisco each five minutes thereafter. When tender, remove the chicken to a serving dish and use four tablespoonfuls of the hot Crisco in making two cupfuls of cream sauce. Pour the sauce over the chicken in the dish.

INDIVIDUAL CHICKEN SHORTCAKES

1½ cupfuls barley flour
½ cupful rice flour
4 level teaspoonfuls baking powder
½ teaspoonful salt
¼ to ⅓ cupful Crisco
⅔ cupful milk (about)
1½ tablespoonfuls lime water

¼ cupful Crisco
¼ cupful flour
½ teaspoonful salt
¼ teaspoonful pepper
2 cupfuls chicken broth
2 cupfuls cooked chicken (in cubes)

Make biscuit of the ingredients in the first column, cut them about three inches in diameter. Melt the Crisco; in it cook the flour and seasonings; add the broth, stir until boiling and add the chicken. Split the biscuit, spread with butter or butter substitute and dispose chicken in sauce over the lower halves of the biscuits; set the other halves above, and pour over the rest of the chicken.

CHICKEN PILAU

¾ cupful rice
¼ cupful Crisco
3 cupfuls chicken broth or boiling water
3 peeled tomatoes, or
¾ cupful canned tomatoes
2 branches parsley
1 onion with 3 cloves pressed into it
1 teaspoonful salt
2 cupfuls cooked chicken in thin slices

Blanch the rice. Melt the Crisco in a saucepan; add the rice and stir and cook until the Crisco is absorbed. Add the broth or water, the tomatoes, parsley, onion and salt; cover and let cook about 25 minutes, or until the rice is done. Remove the onion, cloves and parsley. Rub over the inside of a charlotte mold with Crisco. Pack the cooked rice and the sliced chicken in the mold in alternate layers, making each layer solid and having the first and last layers of rice. Set to cook in the oven in a dish of hot water. Let cook about 20 minutes. Unmold on a hot dish. Serve with tomato or cream sauce.

CURRIED CHICKEN

Have young chickens cleaned, singed, and cut into pieces at the joints. Dip each piece in cold water, then roll in corn flour till well coated with flour. Heat half a cupful or more of Crisco and half a teaspoonful of salt in an iron frying pan; in it cook the chicken very slowly until well browned on all sides and tender. Remove from the pan and strain the Crisco into a cup. Return three tablespoonfuls of the Crisco to the pan; in it cook half a sliced onion till slightly browned; add three tablespoonfuls of flour, half a teaspoonful of salt, one tablespoonful of curry powder and one-fourth a teaspoonful of paprika and stir until frothy; add one cupful of milk and half a cupful of thin cream and stir until boiling; add two tablespoonfuls of currant jelly and a teaspoonful of lemon; stir until the jelly is dissolved then strain into a bowl. Serve boiled rice with the chicken.

LAMB EN CASSEROLE

Cut three pounds of the scrag or neck of year-old lamb in small pieces. Melt three tablespoonfuls of Crisco in an iron frying pan. Roll the pieces of meat in corn flour or meal and set to cook in the hot Crisco. When browned delicately on one side, turn to brown the other side. Set the meat in a casserole, pour on boiling water or stock made from remnants of roast meats just to cover the meat; cover the dish and set to cook in the oven. Add, after half an hour, four peeled onions, and let cook an hour and a half; add six new carrots, scraped, washed and cut in halves, lengthwise, six or eight potatoes, pared and cut in quarters, and three stalks of celery, cut in inch lengths. Add also a teaspoonful of salt and let cook until the vegetables are done. Serve from the casserole.

INEXPENSIVE LAMB CUTLETS, BREADED

Buy three or four pounds of the fore quarter of lamb and have it cut to get the shank in one half and the scrag or neck in the other half; take the scrag half, remove the shoulder blade, and cut at the backbone (with the cleaver) to separate into cutlets. Steam over boiling water until tender. Set to press under a weight until cold. Dip each cutlet in an egg, beaten and diluted with milk, then roll in soft, sifted bread crumbs and fry in hot Crisco until well colored. Serve with string beans, carrots or turnips and potatoes. The Crisco at using should brown a crumb of soft bread in 40 seconds.

Use level measurements for all ingredients

TURKISH PILAF WITH FLANK OF LAMB

2 tablespoonfuls Crisco
½ cupful rice
1 small onion
1 cupful tomato
1 cupful boiling water
6 to 8 flank ends from lamb chops or beefsteak
1 teaspoonful salt
½ teaspoonful paprika

Melt the Crisco. Remove all superfluous fat from meat and cook the fat to use another day for some other dish. Cut the meat in pieces about one inch in length, roll in corn flour and let cook in the Crisco till browned slightly, then remove to a casserole. Add the water and tomato, cover and set to cook, on top of the range or in the oven. After an hour, wash and dry the rice, add it to the Crisco in the frying pan with the sliced onion and stir and cook until the Crisco is absorbed; add to the casserole with the salt and paprika; rinse the frying pan with a few spoonfuls of boiling water and add to the casserole, cover and let cook until the meat and rice are tender. This is one of the best ways to cook the flank ends that come on loin chops or sirloin steak. Cut off the flank ends before broiling the rest of the meat.

FORE QUARTER OF LAMB, STEAMED

To serve four or five, purchase about four or five pounds of the best end of a fore quarter of lamb. Set on a rack in a steam kettle over a quart of boiling water. Heat quickly to the boiling point and let cook from two to four hours, according to age. Lift with a skimmer to a hot serving dish and let stand in a warming oven while making a sauce. Take three tablespoonfuls of fat from the broth; let cook two or three minutes to evaporate water in the fat; add three tablespoonfuls of flour and half a teaspoonful of salt and when frothy add one cupful and a half of the broth, freed of fat and cooled a little; stir until boiling; add two or three tablespoonfuls of capers or fine-chopped pickled gherkins and the sauce is ready to serve with the meat. Serve also mealy boiled potatoes, French turnips, spinach or beet greens. Any meat left over will make excellent croquettes, hash, or soufflé.

OXFORD SAUSAGE

1 pound pork (lean and fat all edible)
1 pound veal or beef
¾ pound beef suet
½ pound fine soft bread crumbs
grating of nutmeg
4 dried sage leaves, crushed and sifted
1 teaspoonful black pepper
2 teaspoonfuls salt
½ teaspoonful summer savory

Put the meat and suet through the food chopper and sift the bread crumbs; add the other ingredients and mix all together thoroughly. Press in a bowl and set aside in the refrigerator. When ready to use, shape into small flat cakes as thick on the edge as at the center. Roll in corn flour. Melt a teaspoonful of Crisco in a hot frying pan, and put in the cakes; let cook until browned on one side, turn to brown the other side.

MEAT PIE

A meat pie may be made of meat bought for the purpose or of roast or other meat "left over." The first consideration in the meat is tenderness. If meat be bought for the dish, cut it in small pieces and cook until tender, simmering after the first five minutes of boiling. If left-over meat be used, free it of all unedible

portions. Cover the bones, skin, gristle, etc., with cold water, heat slowly to the boiling point, then let simmer an hour or two. Strain off the liquid and use this as the liquid in which to simmer the meat until tender. Add vegetables to flavor (onion, celery, carrot, tomato), also mushroom or tomato catsup, Worcestershire sauce, etc., for the meat loses flavor in recooking. When tender, thicken with flour diluted with water and set the crust in place. (Recipe for crust on page 26.)

PLANKED HAMBURG STEAK

To serve five, purchase one pound and a half of beef from the top of the round; add to it about two ounces of beef marrow or suet. Press the meat and suet through a meat chopper. The marrow may be added with the salt and onion. Half a teaspoonful of salt and about a teaspoonful of scraped onion pulp may be used. If no fat comes with the meat, use two tablespoonfuls of Crisco. Work the meat, fat, seasoning, and half a cupful of cold water together, then shape into a steak a little more than an inch thick. Heat a broiler very hot; rub it over with fat and set the steak on it. Cook on one side about eight minutes, moving it farther from the heat after three or four minutes. Make the plank hot in the oven. Set the steak on it, uncooked side upwards. Pipe about a quart of hot mashed potato about it, making cups of potato to hold peas. Set five or six cooked onions at equal distances between the cups; brush over the steak and onions with melted Crisco, the potato with a beaten egg yolk, diluted with milk, and set into the oven to finish cooking the steak and brown the edges of the potato. Fill the cups with cooked and seasoned peas. Garnish with tomato and serve at once.

CONSERVATION CROQUETTES

2½ cupfuls cream, white or tomato sauce
1 tablespoonful scraped onion
1 tablespoonful fine-chopped parsley
2 cupfuls chopped cooked meat
1½ cupfuls boiled rice, grains distinct and tender
½ teaspoonful salt

2 tablespoonfuls Crisco
6 tablespoonfuls cracker crumbs

For the cream sauce, use five tablespoonfuls each of Crisco and flour, half a teaspoonful of salt, one-fourth a teaspoonful of pepper and one cupful of milk, or, in place of the milk, use tomato pulp or broth made from the bones and trimmings of the meat. More than one variety of meat may be used. Mix all the ingredients in the sauce. Turn into a Criscoed dish. Cover with the cracker crumbs mixed with the Crisco; spread these above the mixture; bake until the crumbs are browned.

STEWED PIGEONS

Singe and clean the pigeons, and cut them in halves through the back and breast. Dip in water and roll in barley flour. Melt three or four tablespoonfuls of Crisco in an iron frying pan; in it cook the pigeons until lightly browned, first on one side and then on the other. Set in an earthen or glass casserole; pour on boiling water to just cover the half pigeons. Cover the dish and let cook in the oven an hour. Parboil and drain as many onions as halves of pigeons; add to the casserole and let cook another hour; then add as many potatoes as halves of pigeons, pared and cut in lengthwise quarters; add also a bunch of young carrots, scraped and cut in halves lengthwise, with salt and pepper as needed. When the meat and vegetables are nearly tender, pour in a cupful of peas and let cook 20 minutes. Serve from the casserole.

Use level measurements for all ingredients

VEGETABLES AND CEREALS

FARINA OR HOMINY BALLS

Let three cupfuls of water and three-fourths a teaspoonful of salt boil rapidly; stir in three-fourths a cupful of hominy, adding the hominy so slowly that the water will not stop boiling. Let boil about ten minutes directly over the fire, then let cook over boiling water about two hours. Longer cooking will improve the dish. A little boiling water may be added, if needed, during the cooking. Let chill somewhat; moisten the hands in cold water and roll the hominy into balls about the size of an English walnut. Roll in soft, sifted bread crumbs, then in an egg, beaten and mixed with three tablespoonfuls of milk, and again in the crumbs. Fry in hot fat until well colored. From one-fourth to one-half a teaspoonful of poultry seasoning may be cooked in the hominy, or, a cupful of grated cheese may be stirred in before removal from the fire. In shaping the balls, do not press the hominy together too compactly. Serve in place of bread or potatoes.

CORN MEAL WITH CHEESE

2 cupfuls boiling water — 1 cupful corn meal
½ teaspoonful salt — 1 cupful cold water
grated cheese

Add the salt to the boiling water. Mix the corn meal and cold water. Gradually stir the corn meal into the rapidly boiling salted water. Do not allow the mixture to stop boiling while the meal is being added. When all the meal has been added, set the boiler over boiling water, cover and let cook an hour or longer, stirring occasionally. Three hours is none too long to cook corn meal mush. Just before serving, stir in from half to a full cup of grated cheese. Serve, sprinkled with more grated cheese, as a breakfast cereal. Sugar is unnecessary; milk may be added. Cheese should not be given to young children.

FRIED CORN MEAL MUSH

Prepare corn meal mush as above, and pour, while hot, into a bread pan with straight sides, or into empty baking powder boxes. When cold, cut in slices, dip in barley or corn flour, and sauté in hot Crisco until well browned, first on one side, and then on the other. Serve with meat in place of bread, or serve with syrup as a dessert dish.

OATMEAL WITH CHEESE

Add the cheese to oatmeal cooked in the usual manner.

FRIED OATMEAL, RICE OR HOMINY

Cut cold cooked oatmeal, rice or hominy in slices, dip in barley or other flour, and sauté in hot Crisco; serve in the place of bread or with syrup or sugar as a dessert dish.

Use level measurements for all ingredients

FRENCH FRIED POTATOES

Pare the potatoes, cut them in halves lengthwise, and then in pieces like the section of an orange. Let stand in cold water an hour or longer, then dry on a soft cloth and fry in hot Crisco to a rich, straw color and until tender throughout. Drain on a skimmer and then on soft paper, sprinkle with salt and serve at once. The fat is at the right heat when it browns a crumb of bread in 20 seconds.

BAKED OATMEAL AND PEANUT CAKES

2 cupfuls cooked oatmeal
1 cupful crushed peanuts, or
⅔ cupful peanut butter
½ cupful milk
½ teaspoonful paprika
1 teaspoonful salt

The oatmeal should be cooked quite stiff, add the peanuts, milk, paprika, and salt, and mix thoroughly. Shape into five or six round flat cakes. Set on a Criscoed pan. Bake about ten minutes. Serve as the main dish at luncheon or dinner with plain lettuce or tomato salad or stewed tomatoes.

SCALLOPED HOMINY AND CHEESE

2 cupfuls hot, cooked hominy
3 tablespoonfuls Crisco
¾ teaspoonful salt
3 tablespoonfuls flour
½ teaspoonful paprika
1½ cupfuls milk
1 to 2 cupfuls grated cheese
½ cupful cracker crumbs
2 tablespoonfuls melted Crisco
¼ teaspoonful salt

When the hominy is done, melt the Crisco, add the salt, flour, and paprika, and stir and cook till frothy; add the milk and stir until boiling, then stir in the cheese. Rub Crisco over the inside of a baking dish, put in it, alternately, layers of the hominy and cheese mixture, having the cheese mixture the last layer. Spread the cracker crumbs mixed with the salt and melted Crisco over the top. Bake until the crumbs are browned.

SOY BEAN LOAF

1 cupful soy beans
1 cupful soft bread crumbs
3 tablespoonfuls melted Crisco
5 tablespoonfuls tomato catsup
1 egg, beaten light
1 small onion, chopped or grated
1 chili pepper, chopped
1½ teaspoonfuls salt

Soak the beans overnight, wash and set to cook in fresh water, cook till tender (6 to 8 hours) and the water much reduced. Press through a sieve. There should be two cupfuls of purée; add the other ingredients, mix and shape into a loaf. Bake in a Criscoed pan, basting often with melted Crisco to which a little salt has been added. Serve hot with brown or tomato sauce. Left-over loaf may be sliced, dipped in corn flour or meal and sautéed in hot Crisco. Other varieties of beans may be used in the same manner and require less cooking at first.

HOMINY BOULETTES

3 cupfuls boiling water
¾ teaspoonful salt
¾ cupful hominy
soft, sifted bread crumbs
1 egg, beaten light
3 tablespoonfuls milk
Crisco for frying

Stir the hominy very slowly into the water, boiling rapidly directly over the fire. Let cook ten minutes over the fire, after all the hominy has been added, stirring occasionally; let cook over boiling water two hours. Add boiling water if needed. Let chill a little; wet the hands in cold water and roll the hominy into balls about the size of an English walnut. Roll in the egg, beaten and diluted with the milk, and then in the crumbs. Fry in hot Crisco. They will fry very quickly and will not absorb much, if any, fat. Half a teaspoonful of poultry seasoning may be cooked in the hominy, or a cupful of grated cheese may be stirred in just before removing it from the fire.

Use level measurements for all ingredients

GREEN PEPPERS, STUFFED AND BAKED

8 green peppers
½ cupful rice, blanched
1 cupful broth
½ cupful thick tomato purée
½ teaspoonful salt
2 tablespoonfuls Crisco
1 small onion
3 branches parsley } chopped fine
3 mushrooms, if desired
1 cupful cooked ham, chopped
½ teaspoonful salt

Trim off one end of the peppers, that they may stand level and form cups. Sometimes better shapes can be secured by cutting the peppers in halves, lengthwise, to form two receptacles from one pepper. Discard the seeds, parboil in boiling water ten minutes, wipe and, when filled, set into a baking dish, add a little boiling broth or water, and let cook in the oven about ten minutes or until very hot throughout. Serve from the baking dish. To prepare the filling, heat the broth, tomato, and salt to the boiling point, add the rice and set to cook in a double boiler. Melt the Crisco, in it stir and cook the chopped vegetables until softened somewhat, then add to the rice to cook until the rice is tender. Add the ham and more salt if needed and use to fill the peppers. Tomato or cream sauce may be poured around the peppers before serving.

POTATO PEANUT LOAF

2 cupfuls mashed potato
2 tablespoonfuls Crisco
1 cupful crushed peanuts, or
½ cupful peanut butter
1½ teaspoonfuls salt
½ teaspoonful paprika
2 eggs, beaten light
½ cupful milk

Melt the Crisco in the potato, if hot; otherwise, melt before adding; beat in the other ingredients. Bake in a well-Criscoed baking dish, set in a pan of hot water, until firm. Serve with tomato sauce.

CORN-AND-TOMATO CHOWDER

3 tablespoonfuls Crisco
1 large onion
1 pint canned tomatoes
1 pint corn
1 pint boiling water
3 branches parsley
1½ cupfuls sliced potatoes
1½ teaspoonfuls salt
½ teaspoonful paprika
scalded milk as needed

Melt the Crisco, add the onion peeled and sliced fine. Cover and let simmer, stirring occasionally, until softened and yellowed. Add the tomatoes, corn, water, and parsley; cover and simmer about one hour. Cook the potatoes about five minutes, drain, rinse in cold water, drain again, and add to the other ingredients with the salt and paprika. Let cook until the potatoes are done. Add milk if needed.

VEGETABLE HASH

2 cold boiled onions
2 cold boiled carrots
2 cold boiled kohl-rabi
6 cold boiled potatoes
4 branches parsley
4 tablespoonfuls Crisco
1 teaspoonful salt

Chop the vegetables and parsley fine; add the salt and a dash of paprika if approved. Melt the Crisco in a frying pan, put in the vegetables and stir three or four minutes; cover and let stand three or four minutes. Stir and press into a flat sheet on the pan. Set into the oven, uncovered, or on the back of the range, covered, until hot throughout and browned beneath, fold at the center and turn on a hot dish. Serve at once.

SPINACH AND CHEESE SOUFFLÉ

3 tablespoonfuls Crisco
3 tablespoonfuls barley flour
¼ teaspoonful pepper
¼ teaspoonful salt
1 cupful milk
1 cupful cooked spinach
3 egg yolks, beaten light
½ cupful or more grated cheese
3 egg whites, beaten very light
½ cupful soft bread crumbs
2 tablespoonfuls melted Crisco

Melt the Crisco, in it cook the flour, pepper, and salt; add the milk and stir until boiling; add the spinach first pressed through a sieve, the yolks and cheese; fold in the whites and turn into a Criscoed dish. Spread the crumbs mixed with the Crisco over the top. Bake in a pan of water in a moderate oven about 25 minutes. Serve with or without cream sauce. The spinach may be omitted for a plain cheese soufflé.

Use level measurements for all ingredients

CREAMED DELICATA

Delicata is a longish oval variety of summer squash having a texture similar to eggplant. It may be pared, cut into cubical strips about four inches long, boiled till just tender and served on toast with any of the sauces used for asparagus. To serve four with creamed Delicata, prepare a cream sauce of two tablespoonfuls each Crisco and flour, one-fourth a teaspoonful each of salt and pepper and one cupful of milk. Care must be taken not to overcook the squash.

SIMPLE POTATO SOUP

4 potatoes
1 onion, sliced
2 tablespoonfuls parsley leaves
¼ cupful celery leaves
1 quart boiling water
3 tablespoonfuls Crisco
3 tablespoonfuls flour
2 teaspoonfuls salt
½ teaspoonful pepper
3 cupfuls milk

Pare the potatoes, cut in quarters, and let stand in cold water an hour or longer. Boil the potatoes, onion, and fresh or dried leaves in the water until the potatoes are done. Press the whole through a sieve and keep hot. Melt the Crisco; in it cook the flour and seasonings; add the milk and stir until boiling; add the hot potato purée, with more milk if needed.

SCALLOPED POTATOES

4 tablespoonfuls Crisco
1 onion, sliced thin
3 cupfuls sliced potato (cooked)
2 tablespoonfuls chopped parsley
1 teaspoonful salt
½ teaspoonful paprika
milk or broth

Melt the Crisco; in it cook the onion, stirring often, until it is slightly yellowed. Rub over a baking dish with Crisco; put in a layer of potato, sprinkle with onion, parsley, salt and paprika, and continue the layers until all are used; add milk or broth until it can be seen through the potato. Let bake about half an hour. This dish may also be made with raw potato or with potatoes sliced and parboiled about five minutes. In either case the time of baking must be increased to one hour or longer. Broth made from remnants of roasts is good for this dish; cheese may be added for a hearty dish.

POTATO SOUFFLÉ

4 cupfuls hot mashed potato
2 tablespoonfuls Crisco
2 tablespoonfuls milk
1 teaspoonful salt
¼ teaspoonful pepper
2 egg yolks, beaten light
2 egg whites, beaten very light

Mix together the potato and seasonings; beat in the yolks and fold in the whites. Pile in a Criscoed baking dish. Let bake until the mixture puffs and browns slightly. Serve at once. For a more hearty dish, grated cheese may be mixed through the potato.

BROILED TOMATOES FOR PLANKED STEAK

Cut ripe tomatoes in thick slices, dip in melted Crisco and then in soft, fine bread crumbs; let boil in a hot well-Criscoed broiler until the tomatoes are soft and the crumbs browned.

Use level measurements for all ingredients

TRIPE AND ONIONS

Take care to select tender pickled tripe. Wash in cold water and cut in pieces of uniform size and shape. Dry on a cloth, then pat in sifted corn flour or meal. Have ready two or three spoonfuls of Crisco, hot, in a frying pan. Set in the tripe and let cook until lightly browned on one side, then turn to brown the other side. Have ready small onions, boiled tender and seasoned with salt and a little butter. Serve the tripe and onions on the same dish. Tripe is eighteen cents per pound in the Boston market, and probably it is no higher in price anywhere in this country. There is no waste; every bit is edible and easily digested.

POTATO CAKES (Left-Over Mashed Potato)

Shape mashed potato left over from dinner, while warm, into round flat cakes. Set these on a dish rubbed over with Crisco; brush over with melted Crisco or place one-fourth a teaspoonful of Crisco on the top of each cake. Let heat in a hot oven.

SHEPHERD'S PIE

Use two cupfuls of mashed potato, two cupfuls of cooked fish or meat, and one cupful and a half of sauce. For the sauce use two tablespoonfuls each of Crisco and flour, half a teaspoonful of salt, and one cupful and a half of fish or meat broth. Mix the solid material with the sauce and turn into a Criscoed baking dish; cover with mashed potato and brush over the potato with melted Crisco; let heat throughout and brown the edges of the potato in a hot oven.

NEW ENGLAND SCRAPPLE

Add a teaspoonful of salt to four and one-half cupfuls of rapidly boiling water; sprinkle in very slowly, keeping the water boiling all the time, one and one-half cupfuls of yellow corn meal. When all the meal has been stirred in, let the mixture boil two minutes, then set to cook over boiling water (double boiler) for two or three hours. Stir through the meal half a pound of choice sausage, cut into quarter-inch cubes. Let cook half an hour longer and turn into empty cocoa or baking powder boxes rinsed in cold water. When cold and firm cut in slices, pat them in flour, sauté in hot Crisco.

TOMATOES STUFFED WITH OYSTERS

18 oysters
2 tablespoonfuls Crisco
2 tablespoonfuls barley flour or
1 tablespoonful cornstarch
salt and paprika
2 egg yolks, beaten light
6 tomatoes
1 tablespoonful Crisco, melted
⅓ cupful cracker crumbs
few grains salt

Heat the oysters to the boiling point in the liquid with them. Drain and chop the oysters (not too fine). Melt the Crisco, add the flour with salt and pepper as needed, and cream enough to make with the broth one cupful of liquid, stir until boiling; beat in the egg yolks and the chopped oysters. Remove a small piece around the stem end of the tomatoes and with a spoon remove the soft centers. Use the oyster mixture to fill the tomatoes. Set the tomatoes in individual ramekins; mix the melted Crisco, cracker crumbs, and salt, and spread over the mixture in the tomatoes. Cook in the oven till the tomatoes are done.

Use level measurements for all ingredients

CAULIFLOWER WITH ONION SAUCE

Boil a cauliflower in the usual manner. When tender, set in a dish suitable for the oven and the table. Have ready as many boiled onions as will make a cupful of purée when pressed through a sieve (1 to 3, according to size). Heat the cup of purée; add a cupful of hot cream, half a teaspoonful of salt, and one-fourth a teaspoonful of pepper, and beat in the yolk of one egg. Pour the sauce over the cauliflower. Have ready half a cupful or more of half-inch cubes of stale bread sautéed in one or two tablespoonfuls of hot Crisco. Sprinkle these over the cauliflower and sauce. Serve very hot.

FLEMISH CARROTS

The carrots may be canned, fresh-cooked or dried. They may be sliced thin, cut in cubes, or very young carrots may be cut in quarters, lengthwise. For a pint of carrots, melt two tablespoonfuls of Crisco; in it cook slowly one-fourth a cupful of fine-chopped onion and one tablespoonful of parsley. Keep the dish covered and stir occasionally. When tender, add two tablespoonfuls of flour, half a teaspoonful of salt, half a teaspoonful of sugar, and one-fourth a teaspoonful of black pepper; stir until blended; add one cupful of meat broth, and stir until boiling; add the carrots, drained from the water in which they have been boiled (or canned) and let simmer very gently five minutes.

LEEKS, BIANCA STYLE

Cut the roots from two bunches of leeks; divide the leeks into pieces two inches in length. Let them crisp in cold water half an hour or longer. Boil in salted boiling water until tender (about half an hour), drain, rinse in cold water, and drain again. Melt two tablespoonfuls of Crisco in a saucepan; add the leeks and let simmer over a slow fire; add about a cupful of sauce made of two tablespoonfuls, each, of Crisco and flour, one-fourth a teaspoonful, each, of salt and pepper, and half a cupful, each, of chicken broth and rich milk. Serve very hot.

SUMMER SQUASH, SAUTÉ

Take very young summer squash of any variety — club shaped are particularly good. The squash should be about four or five inches long. Pare off the thin outer skin, and cut in slices less than half an inch thick. Season flour with salt and pepper; pat both sides of the squash in the flour until it is well coated. Melt Crisco in a frying pan and in it cook the squash, slowly, until well colored on one side, then turn to cook the other side. Squash cooked in this way is particularly good and furnishes a way of using a vegetable which produces so liberally that a large number are often wasted.

STUFFED TOMATOES

6 large, smooth tomatoes
1½ cupfuls soft, fine bread crumbs
½ a small onion, chopped
¼ teaspoonful salt
¼ cupful Crisco, melted

Cut around the stem end of the tomatoes and take out the seeds. Shake in a little salt and pepper. Mix the crumbs, onion, salt, and Crisco, and use to fill the tomatoes. Set the tomatoes in a Criscoed dish (earthen) and let bake about half an hour, or until the tomatoes are done. Serve with or without cream sauce.

Use level measurements for all ingredients

PASTRY

In all recipes for pastry, the proportions of flour given are for pastry flour except in recipes in which yeast is employed, when bread flour is to be used.

PLAIN PASTRY

1 cupful barley or oat flour
½ cupful rice flour
1 teaspoonful salt
½ cupful Crisco
4 to 6 tablespoonfuls cold water

Sift flour and salt and cut Crisco into flour with two knives until finely divided. Finger tips may be used to finish blending materials. Add gradually sufficient water to make stiff paste. Water should be added sparingly and mixed with a knife through dry ingredients. Form lightly and quickly into dough, roll out on slightly floured board, about one-quarter inch thick. Use light motion in handling rolling-pin and roll from center outward. Sufficient for one small pie.

BARLEY-AND-WHEAT PASTRY

1 cupful barley flour
1 cupful wheat flour
¼ teaspoonful salt
¼ teaspoonful baking powder
⅓ cupful Crisco
cold water

Prepare in the same manner as barley and rice flour pastry. Rye flour may be used in place of the barley flour. Pastry made of barley flour may be handled much more easily if made the day before using. When first taken from the refrigerator it will not roll easily, but, after standing in the room temperature a few minutes, it may be rolled out with ease. Pieces that are trimmed off and are to be rolled over again should be piled one above the other; beat it lightly with the pin a few minutes, then roll and use.

WHEATLESS PIE CRUST

2 cupfuls barley flour
¼ teaspoonful salt
⅓ cupful Crisco
½ teaspoonful baking powder
water to make a stiff dough

Combine as for other pastry. This is particularly good for mince, apple, squash and pumpkin pies.

COVERED CURRANT JELLY TARTLETS

Roll plain pastry to a scant quarter of an inch in thickness. Stamp out into rounds three or four inches in diameter. With the small end of a pastry tube, score a circle of small rounds on half of the large rounds. In scoring cut through a short distance on these little rounds but not enough to displace them. Set two teaspoonfuls of currant jelly on each of the plain rounds, brush the edges with cold water and set the perforated rounds above, pressing the two together firm at the edge; brush the edges and the top of the tartlets with cold water, dredge with granulated sugar and bake until done, about ten minutes. Other varieties of jelly, jam, marmalade, apple sauce or cooked fruit may be used.

Use level measurements for all ingredients

OPEN FRUIT TARTLETS

Cut pastry rolled to a thin sheet into pieces of a size to cover small inverted tins. Brownie tins are suitable for this purpose. Press the paste close over the mold, trim at the edge and prick all over with a fork. Set the pastry-covered tins on a tin sheet — to keep the edges clean — and let bake until done, five to ten minutes will be needed. Have ready one cupful of hot peach or other cooked fruit pressed through a sieve; add one-fourth a cupful of sugar, a tablespoonful of lemon juice and a scant tablespoonful of gelatine softened in one-fourth a cupful of water or fruit juice; stir over the fire until the gelatine is dissolved; when chilled and beginning to "set" use to fill the pastry; ornament the top with pieces of cooked fruit in contrasting color and maraschino cherries.

NOTE — Recipes for Chocolate Éclairs, Individual Lemon Pie and Covered Currant Jelly Tartlets (herewith illustrated) will be found on pages 54, 56, 58.

CHOCOLATE ÉCLAIRS (CHOU PASTE)

½ cupful Crisco
1 cupful boiling water
½ teaspoonful salt
½ cupful barley or oat flour
¼ cupful corn flour
3 eggs

Put the Crisco, boiling water and salt over the fire; when boiling sift in the flour (also sifted before measuring) and stir and cook until the mixture may be gathered into a compact mass; turn into a mixing bowl, break in one egg, beat until the mixture is smooth, then beat in the second egg, and when the mixture is smooth, the last egg. With two teaspoons spread the mixture on Criscoed baking pans in strips about four inches long and an inch and a half wide. Bake about twenty-five minutes. The oven should be hot on the bottom. The cakes are baked when they feel light when lifted in the hand and the sides are delicately browned. When cold split on one side and fill with English cream; invert and spread the smooth side with chocolate frosting. This frosting may be chocolate fondant or a simple frosting made of confectioner's sugar. The recipe makes eighteen éclairs.

ENGLISH CREAM FOR ÉCLAIRS

2 cupfuls milk
½ cupful flour or
¼ cupful cornstarch
½ cupful granulated sugar
¼ teaspoonful salt
2 eggs or 4 yolks
¼ cupful sugar
½ teaspoonful vanilla or orange extract

Scald the milk in a double boiler; sift together, several times, the flour, sugar and salt; dilute with a little of the hot milk; mix thoroughly, then stir into the rest of the hot milk; continue to stir until the mixture thickens, then cover and let cook ten minutes. Beat the eggs; beat in the sugar and stir into the hot mixture; stir and cook two or three minutes or until the egg is set. When cooled a little, add the flavoring and use.

CONFECTIONER'S CHOCOLATE FROSTING

¼ cupful granulated sugar
¼ cupful boiling water
2 squares chocolate, melted
sifted confectioner's sugar
½ teaspoonful vanilla extract

Cook the granulated sugar and water three or four minutes; add the chocolate and beat in confectioner's sugar as needed. If the frosting thickens too much before it is all used, add boiling water a few drops at a time. At the last, beat in the extract.

CORN-FLOUR-AND-RICE-FLOUR PASTRY

½ cupful corn flour
½ cupful rice flour
½ teaspoonful salt
1 teaspoonful baking powder
¼ cupful Crisco
cold water for slightly soft paste

Mix and sift together the first four ingredients; cut in the Crisco; add the water slowly and mix to a paste a little softer than with wheat flour. Line the pie plate with the paste, then fill with rice or beans, and, when the paste is baked, remove the article used and replace it with a cooked filling. This pastry is not as easily rolled as others, and cannot be used very successfully for the upper crust of pies. In lining plates, use the fingers to assist in getting the paste into place. This pastry tastes well.

Use level measurements for all ingredients

LEMON PIE, WITH MERINGUE

plain or flaky pastry
2 tablespoonfuls Crisco
1 whole egg and 3 yolks
1 cupful sugar
1 lemon, juice and grated rind
5 tablespoonfuls wheat flour, or
3 tablespoonfuls corn flour or cornstarch
½ teaspoonful salt
1 cupful milk

Line a pie plate with pastry, building up the edge as for a custard pie. Cream the Crisco and beat the eggs until light; beat part of the sugar into the Crisco and part into the eggs, then beat the two together; add the lemon rind and juice; stir part of the milk into the flour and salt and when smooth pour into the lemon mixture; add the rest of the milk and mix all together thoroughly; turn into the pastry-lined plate and let bake until firm in the center; let cool a little, spread the meringue smoothly over the filling, dredge with granulated sugar and let bake in a very moderate oven about 12 minutes.

MERINGUE FOR LEMON PIE

3 egg whites
⅓ cupful granulated sugar
½ teaspoonful orange or vanilla extract

Beat the egg whites very light, then gradually beat in the sugar and the extract.

INDIVIDUAL LEMON PIES

Make the recipe for plain pastry and use it to line about eight fluted patty pans; pour in the lemon filling and let bake about fifteen minutes or until the paste is done and the filling is well puffed. Let cool a little, then lift the pies out of the tins; set them on an inverted tin; spread with meringue, pipe more meringue above, dredge with granulated sugar and let cook in a slow oven about eight minutes.

LEMON FILLING FOR INDIVIDUAL PIES

2½ tablespoonfuls cornstarch
1 cupful granulated sugar
½ teaspoonful salt
1 cupful boiling water
grated rind and juice 1 lemon
3 egg yolks, beaten light

3 egg whites, beaten very light
⅓ cupful granulated sugar

Sift together the cornstarch, sugar and salt; add the boiling water and stir until boiling; add the lemon rind and juice and beat in the yolks. For the meringue, beat the sugar into the whites a little at a time.

PUMPKIN PIE

Crisco pastry
2 cupfuls strained pumpkin
1 egg, beaten light
¼ cupful cracker crumbs
1 teaspoonful salt
¼ cupful molasses
½ cupful sugar
1 teaspoonful ginger
½ teaspoonful cinnamon
1½ cupfuls rich milk

Line a plate with Crisco pastry, building up the edge as for a custard pie; mix all the ingredients together and turn into the prepared pastry. Bake about 40 minutes.

RAISIN PIE

1 cupful raisins
1 cupful boiling water
3 tablespoonfuls cornstarch
½ cupful sugar
⅓ teaspoonful salt
½ lemon, juice
1 egg, beaten light

Cook the raisins (seeded) in the water till the skins are tender. Add water as needed to have one cupful when cooked. Mix and sift the cornstarch with the sugar and salt and stir into the raisins; stir until boiling; add the lemon juice and egg. Bake between two Crisco pastry crusts.

PINEAPPLE PIE

1 can grated pineapple (2 cupfuls)
6 tablespoonfuls cornstarch
½ teaspoonful salt
½ cupful sugar
½ lemon, juice

Bake Crisco pastry, made by either recipe for pastry, over an inverted plate. Prick the pastry with a fork that it may rise evenly. Set the plate into the oven on a baking sheet to keep it clean and not overcooked on the edge. Cut figures (circles, crescents or similar designs) from some of the pastry and let bake. Scald the pineapple. Mix the cornstarch, salt, and sugar, and stir and cook in the pineapple until thick and boiling; cover and let cook 20 minutes. Set the cooked pastry inside a pie plate; turn in the partly-cooled filling and set the pastry figures above it.

Use level measurements for all ingredients

CHOCOLATE PIE

2 cupfuls milk
¼ cupful cornstarch
½ cupful sugar
½ teaspoonful salt
2 squares chocolate, melted
2 egg yolks
3 tablespoonfuls sugar
2 egg whites
4 tablespoonfuls sugar
½ teaspoonful vanilla extract

Scald the milk over hot water; sift together the cornstarch, sugar, and salt, and stir into the hot milk; continue stirring until smooth and thick; cover and let cook 15 minutes; add the melted chocolate; beat the yolks, add the three tablespoonfuls of sugar, and beat into the mixture; beat until the egg is cooked; turn into a Crisco-pastry shell, baked over an inverted plate, then set inside the plate. Beat the egg whites very light; beat in the sugar and vanilla and spread over the pie. Let cook in a very moderate oven twelve minutes, then increase the heat to tint the meringue a pale amber shade.

SWEET-POTATO PIE

1½ cupfuls sifted sweet potato
3 tablespoonfuls Crisco
½ cupful sugar
½ cupful molasses
½ teaspoonful salt
½ teaspoonful mace
½ teaspoonful cinnamon
¼ cupful cracker crumbs
2 egg yolks, beaten light
2 egg whites, beaten light
2 cupfuls rich milk

The potatoes are cooked and pressed through a ricer or sieve; add the other ingredients; mix thoroughly; bake in a plate lined with Crisco pastry as for a custard pie.

RHUBARB PIE

2½ cupfuls sliced rhubarb
1 cupful sugar
3 tablespoonfuls rice flour
½ teaspoonful salt
2 tablespoonfuls orange marmalade, or
½ lemon, grated rind and juice

Pour boiling water over the rhubarb and bring quickly to the boiling point. Drain and press out all the liquid. Mix the sugar, flour, and salt together; add the rhubarb and marmalade or lemon, and mix again. Turn into a plate lined with Crisco pastry. Brush the edge of the pastry with cold water; set above the rhubarb strips of pastry half an inch wide, pressing them at the ends upon the edge of pastry. Let the strips of pastry extend across the pie in opposite directions to make small diamond-shaped openings. Brush the strips with cold water, dredge with sugar, and bake about 25 minutes.

SOUR-CREAM PIE

2 egg yolks, beaten light
⅔ cupful sugar
1 cupful sour cream
½ cupful seeded raisins
2 tablespoonfuls barley flour
¼ teaspoonful lemon extract
¼ teaspoonful ground cinnamon
¼ teaspoonful ground cloves
2 egg whites, beaten light
4 tablespoonfuls sugar

Beat part of the sugar into the yolks and part into the cream; beat the two together; beat in the flour, extract, and spices, and turn into a plate lined with Crisco pastry as for a custard pie. Bake till firm in the center. Beat the whites; gradually beat in the sugar and spread over the pie. Bake in a very moderate oven about ten minutes.

STRAWBERRY SHORTCAKE

1½ cupfuls barley flour
4 teaspoonfuls baking powder
½ cupful rice or potato flour
½ teaspoonful salt
⅓ cupful Crisco
1 cupful milk (about)
butter
2 baskets strawberries
1½ cupfuls granulated sugar
whipped cream
sugar

Sift together the flour, baking powder and salt; with two knives or the tips of the fingers work in the Crisco, then use milk as needed to mix to a soft dough. With a spoon spread the dough in two well-Criscoed cake pans. Bake about fifteen minutes. Turn one cake on a large chop plate, spread the bottom with butter, cover with strawberries mixed with the sugar, set the second cake above the berries, spread this with butter and berries. Serve with or without cream. This recipe may be used for fresh raspberries, blackberries or peaches or for canned apricots. To prepare the strawberries, hull, wash and drain them. Cut the berries in halves, mix with the sugar (more sugar may be needed), and let stand half an hour or longer. Use only part of the prepared berries on the cake; crush the rest and use as sauce. Sift confectioner's sugar over the top of the finished cake.

BLUEBERRY PIE WITH MERINGUE

Line a pie plate with Crisco pastry, building up the edge as for a custard pie. Beat two egg yolks; add two cupfuls of canned blueberries and a tablespoonful of lemon juice. Mix together two-thirds a cupful of sugar, three tablespoonfuls of barley flour or two tablespoonfuls of cornstarch, and one-fourth a teaspoonful of salt; combine the two mixtures and turn into the prepared plate. Bake about half an hour. Beat the whites of two eggs light; gradually beat in four tablespoonfuls of sugar and spread over the pie. Let bake in a very moderate oven about 15 minutes.

MOTHER'S APPLE PIE

Line a pie plate with Crisco pastry; slice into it apples to fill very high and rounding in the center; add one tablespoonful of cold water and a scant half teaspoonful of salt. Lay the upper crust, in which slits have been cut, over the apples and trim the edge even with the under crust. Do not press the edges of the crusts together. Bake about half an hour. Run a thin-pointed knife between the two crusts at the edge, entirely around the pie. Lift the upper crust, set it upside down on a plate. To the apple add a grating of nutmeg, a scant two-thirds a cupful of maple sugar, and half a teaspoonful of salt. Mix all together through the apple without disturbing the crust. Set the upper crust in place and serve as soon as possible.

DRIED-APPLE PIE

With scissors, cut off all imperfections, bits of core, etc., from half a pound of dried apples, cover with cold water and let stand a few minutes. Wash and drain, then cover again with cold water to remain overnight. Cook tender in the same water; let cool slightly. Put as many of the apples as are needed into a plate lined with Crisco pastry, sprinkle on nearly a cupful of sugar, half a teaspoonful of salt, and a grating of nutmeg. Set the upper crust in place and bake about 25 minutes.

DRIED-APPLE PIE NO. 2

Take about a pint of the cooked apples; add three-fourths a cupful of molasses, half a teaspoonful of salt, and a teaspoonful of cinnamon; mix lightly and turn into the plate lined with Crisco pastry. Finish as above.

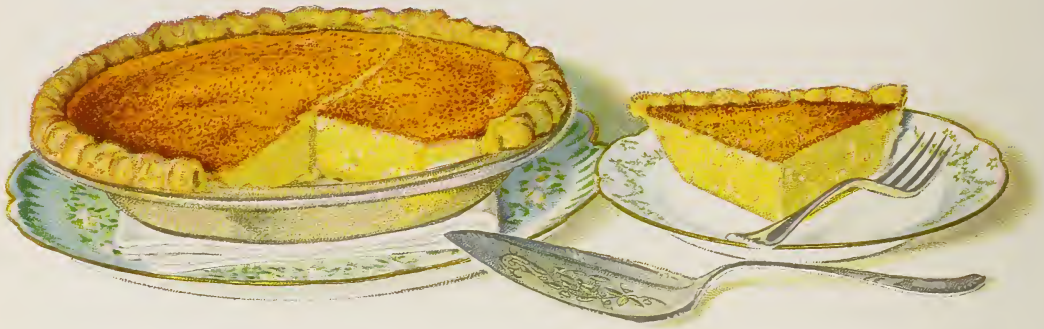
CHERRY PIE

Line a pie plate with Crisco pastry; prepare about a pint of stoned cherries. Mix two tablespoonfuls of potato flour, one cupful of sugar, and half a teaspoonful of salt and mix through the cherries and juice; dot with a teaspoonful of butter, brush the edge with cold water and set a second piece of pastry over the cherries, pressing the edges together. Bake about half an hour.

RHUBARB-AND-RAISIN PIE

Crisco pastry
2½ cupfuls rhubarb in slices
½ cupful raisins
⅞ cupful sugar
2 crackers, rolled fine
½ teaspoonful salt

Pour boiling water over the rhubarb; cover, let stand five minutes, then drain; add the raisins seeded and cut in halves, the sugar, cracker crumbs, and salt; mix and turn into a plate lined with Crisco pastry. Finish with an upper crust. Let bake in a moderate oven about 45 minutes.



CUSTARD PIE

pastry
4 eggs
¾ cupful sugar
½ teaspoonful salt
2½ cupfuls rich milk
nutmeg

Trim the sheet of paste to extend beyond the plate three-fourths an inch on all sides, roll over the paste to meet the edge of the plate. Flute this double fold of paste with the thumb and finger and press each fluting down upon the edge of the plate. In setting the paste on the plate, press out all air from below. Beat the eggs, add the sugar and salt and beat again, add the milk, mix thoroughly and turn into the prepared plate. Set to cook in a hot oven, lowering the heat after a few minutes that the custard be not over-cooked. When puffy and firm the pie is baked. Grate a little nutmeg over the top and chill before serving. For plain pastry see page 54.

LEMON-WHEY PIE

Crisco pastry
1 cupful whey or buttermilk
3 tablespoonfuls cornstarch
⅔ cupful maple syrup
½ teaspoonful salt
2 egg yolks
1 tablespoonful Crisco, creamed
1 lemon, juice and grated rind

Heat the whey or milk in a double boiler. Whey is abundant after making cottage cheese. With buttermilk use one spoonful less of cornstarch. Mix the cornstarch to a smooth paste with the maple syrup; stir and cook in the hot liquid until the mixture thickens; cover and let cook, stirring occasionally, 20 minutes; beat the salt and yolks into the Crisco and stir with the lemon rind and juice into the hot mixture; let cook until the egg is set. Any variety of pastry may be used. Line the plate with the paste; fill it with the lemon-whey mixture; cover with the meringue and let bake in a very slow oven about 20 minutes.

MERINGUE FOR LEMON-WHEY PIE

2 egg whites, beaten very light
4 tablespoonfuls granulated sugar

Beat the egg whites very light; gradually beat in the sugar; after the meringue is spread in place, dredge it with about a tablespoonful of granulated sugar.

LEMON PIE WITH TWO CRUSTS

Crisco pastry
2 tablespoonfuls flour
½ cupful sugar
½ teaspoonful salt
1 cupful boiling water
½ cupful molasses
1 large lemon
1 egg, beaten light

Mix and sift together the flour, sugar, and salt, then stir and cook in the boiling water until thickened slightly and smooth; add the molasses, the grated yellow rind of the lemon, and the pulp freed of seeds, chopped very fine. Bake between two crusts about 30 minutes.

ENGLISH PINEAPPLE PIE

Drain and heat the juice from a two-pound can of sliced pineapple. Mix three-fourths a cupful of sugar with two tablespoonfuls of cornstarch and stir into the hot juice. Continue to stir until the mixture thickens, then let cook over hot water about ten minutes. Beat the yolks of two eggs and stir through the mixture; add one-third a teaspoonful of salt and five slices of pineapple cut into bits. Have ready a Crisco pastry shell (baked over an inverted plate) and fill it with the mixture. Beat the whites of two eggs very stiff, gradually beat in one-fourth a cupful of sugar, and spread over the filling. Bake in a very moderate oven about ten minutes.

GREEN CURRANT PIE

Crisco pastry
2½ cupfuls large green currants
2 crackers, rolled fine
1 cupful sugar, generous
½ teaspoonful salt
1 teaspoonful butter, in bits
a grating of nutmeg, if desired

Mix all the ingredients for the filling and turn into a plate lined with Crisco pastry; cover with an upper layer of pastry. Bake about 35 minutes. A green currant pie was one of the delicacies of the later colonial tables.

Use level measurements for all ingredients

FIG PIE

Cut fine three-fourths a pound of fresh or dried figs; add a cupful and a half of boiling water, and let cook about half an hour, or until the skins are tender. Beat the yolks of two eggs; add two tablespoonfuls of sugar, and beat again with a few grains of salt; stir into the figs and let cook until the egg is set, stirring meanwhile. Turn into a plate lined with cooked Crisco pastry. Beat the whites of two eggs very light; gradually beat in four tablespoonfuls of sugar and spread over the pie. Dredge with granulated sugar. Let cook in a very slow oven about 20 minutes.

GOOSEBERRY PIE

Line a pie plate with Crisco pastry; fill plate with stemmed-and-tailed gooseberries; mix a cupful of sugar with two tablespoonfuls of flour and a scant half teaspoonful of salt and spread over the berries; grate on a little nutmeg if desired; brush the edge of the paste with cold water and set a round of Crisco pastry with slits in the center above the fruit; trim if needed, and press the two edges together; bake about 45 minutes.

GREEN TOMATO PIE

Crisco pastry
2 cupfuls green tomatoes
3 tablespoonfuls melted Crisco
½ cupful brown sugar
½ cupful raisins, chopped
2 tablespoonfuls cider vinegar
½ teaspoonful salt
½ teaspoonful cinnamon
¼ teaspoonful cloves
¼ teaspoonful mace

Chop the tomatoes, cover with boiling water, and let boil quickly; drain at once, add the other ingredients, and mix thoroughly. Bake between two crusts.

FIG PIE WITH TWO CRUSTS

Crisco pastry
½ pound figs (scant)
¼ pound raisins
½ lemon, rind and juice
⅔ cupful sugar
1 egg, beaten light
½ teaspoonful salt

Cover the figs with boiling water and let cook until the skins are tender; chop the figs and raisins; add the other ingredients and mix thoroughly; bake between two layers of Crisco pastry about 25 minutes.

ALMOND STRIPS

Roll Crisco pastry as for lining a pie plate; cut in strips two inches wide and four inches long; set them on a baking sheet, brush over with the white of an egg, slightly beaten, and sprinkle with thin-sliced almonds and granulated sugar mixed with a little cinnamon. Bake to a delicate amber shade.

PASTRY HEARTS

Roll Crisco pastry into a very thin rectangular sheet spread with jelly and roll firm like a jelly roll; cut in one-fourth inch slices; with the fingers draw them to a point at one end and press them in at the other end to give them the shape of a heart; brush over with egg white, beaten slightly; dredge with granulated sugar and bake to an amber shade.

Use level measurements for all ingredients

STRAWBERRY TARTS

Bake Crisco pastry over small inverted tins. Set the tins for baking on a tin sheet to keep the edges from the oven. Prick the pastry with a fork, that it may rise evenly. When baked, slip from the tins and invert. Fill the open space with strawberry preserves or any variety of marmalade; sprinkle the edge of the preserve next the pastry with a narrow line of shredded cocoanut or chopped almonds.

STRAWBERRY TARTS NO. 2

Roll the Crisco pastry into a thin sheet and cut out rounds about three and one-half inches in diameter; pipe chou paste on the edge of each round; bake till done. When ready to serve, reheat and fill with strawberries cooked in the same weight of sugar.

LEMON TARTS

Crisco pastry
1 lemon, rind and juice
1 cupful sugar
1 egg, beaten light
¼ teaspoonful salt
½ cupful fine sponge cake crumbs

Mix the lemon juice and grated rind, the sugar, egg, and salt, then mix in the cake crumbs. Line small fluted "patty pans" with Crisco pastry; fill with the mixture and bake until firm. The filling is enough for about six tarts.

BARLEY-AND-POTATO PASTRY

1 cupful barley flour
½ teaspoonful baking powder
¾ teaspoonful salt
1 cupful cold mashed potatoes
⅓ cupful Crisco
cold water as needed

Mix and sift together the flour, baking powder, and salt; press the potatoes again through the ricer to lighten them, mix with the flour, and cut the Crisco into both; add the water carefully and mix to a paste.

MELBA TARTS

Roll Crisco pastry into a sheet as for pies (page 54), cut out rounds between three and four inches in diameter. Pipe chou paste (page 56) on the edge of each. Bake in a quick oven until done (about 20 minutes). Set half a canned apricot, round side up, in the center of each tart. To a cupful of syrup from the can, add one-fourth a cupful of sugar and let boil three or four minutes; in this dissolve half a tablespoonful of granulated gelatine softened in two tablespoonfuls of cold water. Stir over ice and water until beginning to set, then spread over the apricots to coat them completely.

BANANA BOATS

Roll Crisco pastry in a thin sheet; cut in pieces to fit over small "brownie" tins when inverted; prick the paste in several places with a fork; bake till done; melt a glass of currant or other fruit jelly in a little boiling water; heat and let cook until a smooth, thick syrup; in this scald bananas, peeled, scraped, and cut in thin slices; set in the bottom of the Crisco pastry shells, with slices, one overlapping another, lengthwise of the shells. To a cupful of the melted jelly, add half a tablespoonful of gelatine softened in cold water; when chilled a little pour over the bananas to coat them completely.

APPLE DUMPLINGS

Roll Crisco pastry into a sheet as for pies and cut into rounds large enough to enclose an apple. Have ready cored-and-pared apples, cooked in a cup, each, of sugar and water until tender, but not broken, and then cooled. Watch the apples while cooking, turning them often that they keep their shape. Set an apple on a round of the paste and enclose it securely. A small (two inches in diameter) round of paste with lower edge wet in cold water may be pressed over the place where the paste comes together at the top. Set the prepared apples in a baking pan. Brush over with cold water and dredge on a little granulated sugar. Let bake until the crust is done. Serve with the syrup in which the apples were cooked, or sugar and milk.

EGGS À LA ST. JACQUES

Roll Crisco pastry into a thin sheet and use in covering the outside of inverted tart or brownie tins. Prick the paste all over and set the tins on a baking sheet. Bake about ten minutes. Slide the pastry from the tins. Beat the yolk of an egg and very gradually beat into it half a teaspoonful of beef extract; use to brush over the cases, both inside and outside, and return to the oven to set the mixture. Chill thoroughly. Select small eggs; poach an egg for each case; trim to fit the cases and let chill. Dissolve half a tablespoonful of gelatine, softened in cold water, in a cupful of clarified chicken broth. When the mixture is cold and begins to stiffen, use it to coat the eggs completely. Set them in the cases; chop some of the chicken jelly fine, and set it where the egg and case meet. Serve very cold as a first course at luncheon or dinner.

LEMON CHEESE PIE

⅔ cupful milk
⅔ cupful honey or maple syrup
2 tablespoonfuls cornstarch
1 egg yolk, beaten light
1 cupful cottage cheese
2 tablespoonfuls Crisco
½ teaspoonful salt
1 lemon, juice and grated rind

Scald the milk in a double boiler; mix the cornstarch with the honey or syrup and stir into the hot milk; stir until the mixture thickens; cover and let cook, stirring occasionally, 15 minutes; add the yolk beaten light, and let cook until the egg thickens; add the other ingredients and when again hot, turn into a well-baked crust; cover with a meringue made with the white of the egg and two tablespoonfuls of sugar. Let bake in a very moderate oven about ten minutes.

CHEESE D'ARTOIS

Crisco pastry
(1 cupful flour, ¼ cupful Crisco)
2 tablespoonfuls Crisco
1 egg white
2 egg yolks
¼ teaspoonful salt
¼ teaspoonful paprika
½ cupful grated cheese

Roll the pastry into a thin rectangular sheet, and cut into two pieces of same size and shape. Lay one piece of pastry on a baking sheet. Cream the Crisco; beat in the eggs, salt, paprika, and cheese. Spread this over the pastry; cover with the second piece of pastry; score with a knife in strips one inch wide and about three inches long; brush over with beaten egg; bake about 15 minutes. Cut into strips at the scoring. Serve at once or reheat before serving.

Use level measurements for all ingredients

COTTAGE CHEESE PIE

Crisco pastry
1½ cupfuls cottage cheese
1 cupful fine-chopped raisins
½ cupful honey
2 eggs, beaten light
2 tablespoonfuls thick cream
2 tablespoonfuls melted Crisco
1 lemon, grated rind and juice

Line a plate with pastry as for a custard pie. Press the cheese through a ricer; add the other ingredients and mix thoroughly; turn into the pastry-lined plate and let bake until the mixture thickens slightly. The oven should be of good heat at first to bake the pastry, then lower the heat, that the mixture be not over-cooked. Sugar may be used in place of the honey.

COTTAGE CHEESE PIE NO. 2

Omit the raisins, otherwise prepare and bake the pie as above. When taken from the oven spread a thin layer of strawberry or other preserves or jam above the cheese mixture. The edge may be sprinkled with cocoanut, if desired.

CHEESE STRAWS

Crisco pastry
grated cheese
few grains salt
few grains paprika

Roll Crisco pastry into a thin rectangular sheet; sprinkle one half with the cheese, salt, and paprika; fold the other half of the paste over the cheese; again sprinkle half of the paste with cheese, salt, and paprika, and fold over it the other half of the paste; pat the paste with the rolling pin, lightly; cut into strips of same length and width. Bake in a moderate oven to a light amber shade.

CHEESE CAKES

Crisco pastry
2 eggs
1 cupful sugar
1 lemon
¼ cupful Crisco
⅓ teaspoonful salt

Line small tins or patty pans with Crisco pastry. Beat the egg yolks; gradually beat in part of the sugar and the grated rind of the lemon. Heat the juice of the lemon, the rest of the sugar, and the Crisco with the salt, in a double boiler; when hot, stir and cook the lemon mixture in it until thickened slightly; fold in the white of one egg beaten light; stir and cook until the egg white is set, then let cool a little and turn into the pastry-lined tins to fill them to three-fourths their height. Bake about 15 minutes; brush them over with egg whites, beaten slightly; dredge with granulated sugar and return to the oven to "set" the glaze.

CHERRIES WITH CRUSTS

Cut rings from slices of bread, half an inch thick; soak these in egg yolk, beaten and diluted with milk or cream and mixed with sugar and a grating of orange peel. Egg-and-crumb, using macaroon crumbs, and, lastly, bread crumbs; sauté in hot Crisco; cover with marmalade and sprinkle with chopped almonds. Dress crown-shaped, one overlapping another, with stewed cherries in the center. Thicken the cherry syrup with cornstarch or arrowroot for a sauce.

EMILY'S WHITE CAKE

½ cupful Crisco
1½ cupfuls sugar
2 cupfuls wheat flour
½ cupful rice flour
3 teaspoonfuls baking powder
1 teaspoonful salt
1 cupful water
1 teaspoonful flavoring
whites of 3 eggs

Cream Crisco. Add sugar slowly and cream together. Sift dry ingredients and add alternately with the liquid. Add flavoring, beat mixture thoroughly and last fold in stiffly beaten whites of eggs. Prepare layer-cake tins by greasing them with a mixture of Crisco and flour. Pour in cake mixture; put in moderate oven, allow to rise for five minutes, increase heat to bake; at the end of fifteen minutes, reduce heat to allow cake to shrink from the pan. Entire time for baking twenty minutes. — *Kate B. Vaughn.*

CHOCOLATE FROSTING

1 cupful granulated sugar
1 cupful boiling water
6 squares chocolate
confectioner's sugar as needed
1 teaspoonful vanilla extract

Melt the sugar in the boiling water, cover and let boil three or four minutes, add the chocolate broken in pieces and let melt over boiling water, then beat in the sugar, sifted, and the extract. Use sugar to make the frosting of a consistency to spread and not run from the cake. If it becomes too stiff before it is spread, add boiling water or syrup, a few drops at a time.

THINGS TO REMEMBER IN CONNECTION WITH THESE RECIPES

When cake is not a success, it is not the fault of the Crisco. Either too much was used, the oven heat not perfectly controlled or some important ingredient was used in the wrong proportion. Crisco should be creamed with the sugar more thoroughly than butter, as Crisco contains no moisture to dissolve the sugar.

ROLLED OATS AND CORN FLOUR DROP COOKIES

½ cupful Crisco
⅔ cupful molasses
⅓ cupful dark corn syrup
⅔ cupful sour milk
¾ teaspoonful soda
1 teaspoonful cinnamon
½ teaspoonful salt
½ teaspoonful nutmeg
½ teaspoonful cloves
1 cupful corn flour
2 cupfuls rolled oats
½ cupful ground peanuts
1 teaspoonful vanilla

Cream the Crisco; add the liquid and the sifted dry ingredients. Then add the rolled oats, the peanuts, and the vanilla. Drop the mixture by spoonfuls on a Criscoed pan; press each cookie into shape with a fork wet in cold water, and bake them in a moderate oven.

BARLEY FLOUR COOKIES

½ cupful Crisco
1 cupful sugar
1 beaten egg
½ cupful sour milk
¼ teaspoonful soda

Cream the Crisco, beat in the sugar, egg, milk and soda.

Sift 1¼ cupfuls barley flour and 1¼ cupfuls white flour with 3 level teaspoonfuls baking powder. Beat well with first mixture. Add 1 teaspoonful vanilla and 2 teaspoonfuls shredded cocoanut. Drop in small rounds on Criscoed cookie tins and bake in hot oven 10 minutes.

POTATO COOKIES

3 tablespoonfuls Crisco
¾ cupful sugar
1 egg, well beaten
1 cupful riced potato
1 cupful barley flour
¾ teaspoonful salt
1 cupful wheat flour, or
½ cupful rice flour
3 teaspoonfuls baking powder
grating of lemon rind or nutmeg

Cream the Crisco; gradually beat in the sugar, the egg, potato, and flour sifted with the salt and baking powder. Mix to a dough; more flour may be needed. Roll into a thin sheet and cut into rounds. Bake about 15 minutes on a Criscoed baking sheet.

PLAIN, SOFT MOLASSES COOKIES

2 tablespoonfuls Crisco
2 tablespoonfuls boiling water
¾ cupful molasses
½ teaspoonful salt
½ teaspoonful ginger
1 teaspoonful sifted soda
1¼ cupfuls barley flour
½ cupful corn flour

Melt the Crisco in the boiling water; add the other liquid ingredients and sift in the dry ingredients. Mix to a soft dough, adding more flour if necessary. Roll half an inch thick and cut in rounds. Bake in a moderate oven. Or, leave out one or two tablespoonfuls of the flour and drop from a teaspoon. Shape into rounds; dredge with sugar and bake.

Use level measurements for all ingredients

CHOCOLATE CAKE, MARSHMALLOW FROSTING

½ cupful Crisco
1⅓ cupfuls sifted brown sugar
2 egg yolks, beaten light
4 ounces chocolate, melted
½ cupful sifted brown sugar
½ cupful boiling water
½ cupful sour milk
2 cupfuls barley or oat flour
¼ cupful rice or corn flour
½ teaspoonful cinnamon
¼ teaspoonful cloves
½ teaspoonful salt
1 teaspoonful soda
1 teaspoonful baking powder
2 egg whites, beaten very light

Cream the Crisco; beat half the first quantity of sugar into the Crisco, the other half into the yolks, then beat the two together. Melt the chocolate (over boiling water), add the half cupful of brown sugar and boiling water and stir until well mixed, then add to the first mixture with the sour milk; add the flour sifted with the spices, salt, soda and baking powder and, lastly, beat in the whites of eggs. Bake in three layer-cake pans; put together and cover the outside with

MARSHMALLOW FROSTING

1 cupful honey, or
1½ cupfuls granulated sugar
½ cupful boiling water
3 egg whites, beaten very light
½ pound fresh marshmallows
½ teaspoonful vanilla extract

Melt the sugar in the boiling water; wash down the inside of the saucepan, cover and let boil three minutes; uncover and let boil until a little of the syrup dropped into cold water may be gathered in a soft ball (240 degrees F.). Pour the syrup in a fine stream on the egg whites, beating constantly meanwhile; beat until somewhat cooled, add the marshmallows, each cut in quarters, and the flavoring, and use as above. With the honey, omit the water.

SOFT MOLASSES COOKIES

1 cupful Crisco
1 cupful brown sugar
1⅓ cupfuls molasses
1 egg, beaten light
1 cupful thick sour milk
1 tablespoonful lime water
1 cupful wheat flour
2 cupfuls barley flour
2 teaspoonfuls soda
1 tablespoonful cinnamon
1 tablespoonful ginger
1 teaspoonful salt

Cream the Crisco; gradually beat in the sugar (rolled and sifted if necessary), add the molasses, egg and milk, and stir in the dry ingredients sifted together. More flour will be needed; add enough to make a dough that may be rolled out; cut into thick rounds and bake in well-Criscoed tins in a quick oven. To keep the cookies soft add no more flour than is needed for shaping. By chilling the mixture overnight less flour will be needed in handling the cookies. To make half the recipe use the whole of a small egg or take either the white or the yolk of a larger egg.

HONEY COOKIES

½ cupful Crisco
⅔ cupful granulated sugar
½ cupful honey
grated rind 1 lemon
1 egg and 1 yolk
2 cupfuls barley flour
1 cupful or more wheat flour
4 teaspoonfuls baking powder
1 teaspoonful salt
chopped almonds (about 12)
1 egg white and granulated sugar (for glazing)

Beat the Crisco to a cream and gradually beat in the sugar and the honey; add the lemon rind, the egg and yolk beaten together and the flour sifted with the baking powder and salt and mix to a dough that may be kneaded. More flour may be required. Knead a portion of the dough on a floured board, roll into a thin sheet and cut into rounds; rub over a baking pan with Crisco, set the cookies in place, brush them with the egg white reserved for the purpose and slightly beaten, then sprinkle with the chopped nuts, dredge with sugar and bake to an amber color.

DATE COOKIES

½ cupful Crisco
¾ cupful sugar
1 egg, beaten light
grated rind 1 lemon or orange
½ cupful milk
1 cupful wheat flour
1 cupful barley flour
½ cupful rice or corn flour
3 teaspoonfuls baking powder
½ teaspoonful salt
½ pound dates
2 tablespoonfuls sugar

Cream the Crisco and gradually beat in the sugar; add the egg and grated rind. Sift together the flour, baking powder and salt and add to the first mixture, alternately, with the milk. Chill the dough if convenient. More flour may be needed. The cookies should not spread in baking. Take the dough on a floured board a little at a time, knead slightly, roll thin and cut in rounds. Lift half the rounds to a baking sheet, spread with the stoned dates cooked with the sugar and chopped; brush the edge with water, cover with the other half of the cakes, pressing the edges together closely, dredge with granulated sugar. Bake in a moderate oven. Figs or canned pineapple (grated) may be used in place of the dates.

Use level measurements for all ingredients

CORN MEAL AND ROLLED OATS COOKIES

1 cupful corn meal
1 cupful rolled oats
1 cupful molasses
1 teaspoonful salt
1 cupful sour milk
½ cupful Crisco
1 teaspoonful soda
1 cupful buckwheat flour
½ teaspoonful nutmeg
¼ teaspoonful ginger

Heat the corn meal, the rolled oats, the molasses, the salt, and the milk together, stirring the mixture constantly until it becomes a thick paste. Remove it from the fire and add the Crisco and the sifted soda, flour, and spices. Allow the mixture to stand until it is cold. Roll it thin, cut it with a small cutter, and bake the cookies in a moderately hot oven.

COCOANUT DROP COOKIES

¼ cupful Crisco
1 cupful maple syrup
¼ cupful sour milk
¼ teaspoonful soda
1 teaspoonful baking powder
⅓ teaspoonful salt
1 cupful buckwheat flour
½ cupful corn flour
⅓ cupful cocoanut
1 teaspoonful vanilla

Cream the Crisco, add the syrup, and then the milk and the sifted dry ingredients. Add the cocoanut and the vanilla last. Let the mixture stand for 20 minutes before baking, since it thickens on standing. Drop it by spoonfuls on a Criscoed tin. Bake the cookies in a rather quick oven until they are a light brown. When fresh they taste somewhat like macaroons.

ROLLED OATS AND BUCKWHEAT DROP COOKIES

¾ cupful Crisco
½ cupful molasses
½ cupful maple syrup
⅔ cupful sour milk
1 teaspoonful soda
½ teaspoonful salt
2 cupfuls buckwheat flour
½ teaspoonful, each, of nutmeg and cloves
1 teaspoonful cinnamon
2 cupfuls rolled oats
1 teaspoonful vanilla
½ cupful raisins

Cream the fat; add the liquids and the dry ingredients, which have been sifted together. Then add the rolled oats, the vanilla, and the raisins. Drop the mixture by spoonfuls on Criscoed pans, and bake it in a moderate oven.

CHOCOLATE COOKIES

½ cupful Crisco
½ cupful sugar
½ cupful maple or corn syrup
2 ounces chocolate, melted
1 egg, well beaten
2 tablespoonfuls milk
2 cupfuls rye or barley flour
⅓ teaspoonful soda
½ teaspoonful cinnamon
½ teaspoonful salt

Cream the Crisco and beat in the other ingredients in the order enumerated, mixing and sifting the soda, cinnamon, and salt with the flour. Chill the dough in the refrigerator; roll and cut in small cakes. Bake in a moderate oven.

Use level measurements for all ingredients

BARLEY MAPLE COOKIES

1 cupful barley flour
¼ cupful cornstarch
1 teaspoonful cinnamon
¼ teaspoonful salt
2½ teaspoonfuls baking powder
¼ teaspoonful soda
1 egg, beaten light
½ cupful maple syrup
¼ cupful brown sugar
3 tablespoonfuls melted Crisco
2 tablespoonfuls sour milk
½ cupful chopped nuts or raisins

Mix and sift together the dry ingredients. To the egg add the other liquid ingredients and stir into the dry ingredients. Add the nuts or fruit, mixed with a little flour, last. Drop by spoonfuls on Criscoed tins. Bake in moderate oven. If not stiff enough to hold the shape, add a little more flour.

OATMEAL FRUIT COOKIES

¾ cupful Crisco
⅞ cupful sugar
1 cupful chopped raisins, dates, or figs
1 egg, beaten light
2 ounces chocolate, melted
½ cupful milk
2 cupfuls rolled oats
2 cupfuls barley flour
1 teaspoonful salt
¾ teaspoonful soda
2 teaspoonfuls cinnamon

Cream the Crisco; beat in the sugar and fruit; add the egg, the chocolate, milk, oats, and flour sifted with the other ingredients. Drop with a teaspoon on a Criscoed baking sheet and shape into smooth rounds. Bake in a moderate oven. An additional spoonful of milk may be needed. The recipe makes about 36 cookies.

PEANUT FLOUR DROP COOKIES

4 tablespoonfuls Crisco
1 egg, beaten light
⅔ cupful sugar
1½ cupfuls peanut flour
1½ cupfuls barley flour
1 teaspoonful salt
4 teaspoonfuls baking powder
1 tablespoonful lime water
2 tablespoonfuls milk

Beat half of the sugar into the Crisco and the other half into the egg and beat the two together. Add the flour sifted with the salt and baking powder, and the lime water. If too stiff to shape, add the milk. Drop on Criscoed tins and shape with a teaspoon. Bake about 10 minutes.

BUCKWHEAT COOKIES

½ cupful Crisco
1 cupful sugar
2 eggs, beaten light
grating orange rind, or
¼ teaspoonful mace
1½ cupfuls buckwheat flour
1 teaspoonful baking powder

Mix in the order enumerated, knead slightly, roll and cut in shapes. Bake in a quick oven. A little sugar dredged on the cakes before baking improves the appearance, but is an unnecessary addition.

RASPBERRY JAM JUMBLES

Roll the dough for rich buckwheat cookies into a sheet, cut part of it into rounds. and then cut an equal number of rings; set the rounds in a Criscoed baking pan; spread them with raspberry jam and set the rings above; brush over the top of the rings with white of egg, beaten slightly, sprinkle with cocoanut and granulated sugar and bake till done.

BARLEY HERMITS

⅓ cupful Crisco
⅓ cupful sugar
⅔ cupful seeded raisins, chopped
1 egg, beaten light
½ cupful molasses
2 cupfuls barley flour
¼ cupful corn flour
½ teaspoonful soda
½ teaspoonful salt
½ teaspoonful cinnamon
½ teaspoonful ginger
⅓ teaspoonful clove

Cream the Crisco, beat in the sugar, raisins, egg, molasses, and flour sifted with the soda, salt, and spices. Add more flour if needed. Knead slightly and roll into a sheet, cut into rounds; bake in a quick oven.

OATMEAL DROP CAKES

⅓ cupful Crisco
½ cupful sugar
½ cupful raisins
½ cupful nut meats
1 cupful rolled oats
1 egg and 1 yolk
¼ cupful sweet milk
1 cupful barley flour
¼ teaspoonful soda
½ teaspoonful salt

Cream the Crisco, beat in the sugar, the raisins and the nut meats chopped together and the rolled oats; beat the egg and yolk, add the milk, and stir into the first mixture, alternately, with the barley flour mixed and sifted thoroughly with the soda and salt. Drop by teaspoonfuls onto a Criscoed pan, allowing one and one-half inches between each cake, make smooth and bake in a quick oven.

POTATO CAKE

1 cupful Crisco
1 teaspoonful salt
1¾ cupfuls sugar
3 egg yolks, beaten light
1 cupful riced potato
1 cupful sweet chocolate grated
1 cupful fine-chopped nuts
grated rind 1 lemon
1 cupful wheat flour
⅔ cupful rice flour
3 teaspoonfuls baking powder
3 egg whites, beaten light

Cream the Crisco and salt; gradually beat in the sugar, egg yolks, riced potato, chocolate, nuts, and lemon rind; add the flour sifted with the baking powder, and, lastly, the whites. Bake in three layer-cake pans, well-Criscoed, about 15 minutes. Put the layers together with fruit jelly and cover the outside with

MOCHA FROSTING

¾ cupful Crisco
½ teaspoonful salt
2 cupfuls confectioners' sugar
strong black coffee

Cream the Crisco with the salt; gradually beat in the sugar, then, drop by drop, coffee to tint and flavor as desired.

DELICATE MUFFINS

4 tablespoonfuls Crisco
¼ cupful sugar
1 egg, beaten light
¾ cupful milk
1 cupful oat or barley flour
½ cupful (generous) rice flour
4 teaspoonfuls baking powder
½ teaspoonful salt

Cream the Crisco, gradually beat in the sugar and the egg; add the milk, alternately, with the flour, baking powder, and salt sifted together. Bake about 25 minutes in a hot well-Criscoed iron muffin pan.

Use level measurements for all ingredients

ORANGE GOLD CAKE

¼ cupful Crisco
½ cupful sugar
4 egg yolks
grated rind 1 orange
⅓ teaspoonful salt
¼ cupful milk
½ cupful sifted wheat flour
¼ cupful corn or potato flour
2 teaspoonfuls baking powder

FROSTING

1 cupful sugar
¼ cupful boiling water
2 egg whites
½ teaspoonful orange extract
¼ teaspoonful almond extract

Cream the Crisco; beat in the sugar, the yolks, beaten light, the grated rind and salt, and, alternately, the milk and the flour sifted with the baking powder. Bake in a round Criscoed pan (seven inches in diameter) about twenty minutes. When the cake is cold, invert it and cover the surface with the frosting. Melt the sugar in the water, wash down the inside of the pan, cover and let cook three or four minutes, then uncover and let cook until a soft ball may be formed when the syrup is tested in cold water. Pour, in a fine stream, on the whites of eggs beaten very light, beating constantly meanwhile; continue to beat until cold, add the flavoring and use as above.

GINGERBREAD (barley flour, rice flour)

⅓ cupful Crisco
½ cupful sugar
½ cupful molasses
2 ounces chocolate, melted
1 cupful thick sour milk
1½ cupfuls barley flour
½ cupful rice flour
½ teaspoonful salt
1 tablespoonful ginger
1 teaspoonful cinnamon
¼ teaspoonful cloves
1 teaspoonful soda
1 teaspoonful baking powder

Cream the Crisco; beat in the sugar, molasses, chocolate, and milk; add the other ingredients, sifted together; bake in a shallow Criscoed pan.

GINGERSNAPS

1 cupful Crisco
1 cupful molasses
1 cupful brown sugar
1 egg, beaten light
1 tablespoonful ginger
½ teaspoonful salt
1 teaspoonful soda
2½ cupfuls barley or oat flour

Put the Crisco, molasses and sugar over the fire to melt the Crisco and sugar, then let boil about six minutes after boiling begins. When cooled somewhat (lukewarm) add the egg, with the ginger, salt, soda, and flour sifted together; stir to a dough, adding wheat flour as required. Knead on a board, roll into a thin sheet, cut into rounds and bake in a moderate oven. Let the first three ingredients boil until a little of the mixture dropped into cold water may be gathered into a soft ball.

COFFEE GINGERBREAD

½ cupful Crisco
½ cupful sugar
1 egg, beaten light
½ cupful molasses
½ cupful strong coffee
½ teaspoonful cinnamon
1½ cupfuls oat or barley flour
½ cupful rice or corn flour
1 teaspoonful soda
1 teaspoonful ginger
½ teaspoonful salt
¼ teaspoonful clove

Mix in the usual manner, adding the coffee, alternately, with the flour sifted with the spices, soda, and salt. Bake in a shallow pan. When convenient, it may be finished with

TIME-CONSERVATION FROSTING

Put 7/8 a cupful of sugar, 3 tablespoonfuls of water, and 1 white of egg in a small double boiler over water at the boiling point. Beat with a Dover egg beater exactly seven minutes. Flavor to taste and spread over the gingerbread. This frosting is always a success.

LEMON NUT CAKE

½ cupful Crisco
1½ cupfuls sugar
4 egg yolks, beaten light
1 cupful water
2 cupfuls wheat flour
½ cupful rice flour
3 teaspoonfuls baking powder
½ teaspoonful salt
4 egg whites
½ teaspoonful lemon extract

Mix in the usual manner. Bake in a large shallow pan about 30 minutes. When the batter is in the pan, sprinkle over the top half a cupful of chopped nuts and three tablespoonfuls of granulated sugar; one teaspoonful of cinnamon may be added with the sugar if desired. To serve, cut in cubes.

Use level measurements for all ingredients

JELLY ROLL

2 eggs, beaten light
1 cupful granulated sugar
grated rind 1 lemon
⅓ cupful hot water
1 tablespoonful Crisco
1½ cupfuls potato flour
1½ teaspoonfuls baking powder
¼ teaspoonful salt
currant jelly
confectioner's sugar

Gradually beat the sugar into the eggs, add the grated rind, the Crisco melted in the hot water and the flour sifted with the baking powder and salt. Beat all together thoroughly and turn into a shallow pan lined with a well-Criscoed paper. Bake about eighteen minutes, turn at once onto a clean cloth, trim off the crisp edges on the four sides, spread with jelly and roll over and over, keeping the cloth between the fingers and the cake. Roll the roll of cake in the cloth. When ready to serve, sift confectioner's sugar over the top of the cake. One cupful barley or oat flour or ½ cupful rice or corn flour may be used in this recipe.

FRUIT COCOA CAKES

½ cupful Crisco
1 cupful sifted brown sugar
¼ cupful cocoa
1 cupful dried fruit
3 eggs, beaten light
½ cupful water
1 cupful wheat flour
5 level tablespoonfuls barley flour, or
3 tablespoonfuls rice or corn flour
1 teaspoonful cinnamon
¼ teaspoonful clove
½ teaspoonful salt
3 teaspoonfuls baking powder

Beat the Crisco to a cream; gradually beat in the cocoa, then the fruit. Use currants, raisins, or citron, or a mixture of them. Raisins should be seeded, and if large, cut in two or three pieces, each. Add the beaten eggs, and, alternately, the water and dry ingredients (sifted together). Bake in one dozen small tins. Cover with frosting made of maple syrup or brown sugar.

CHOCOLATE ALMOND FILLING

2 squares chocolate
¼ cupful almond paste
1 cupful milk
¼ cupful sugar
2 egg yolks, beaten light

Heat the chocolate, almond paste, and milk in a double boiler; gradually beat the sugar into the beaten yolks; stir the sugar and yolks in the hot mixture until the whole is smooth and thickened; remove from the fire and beat until cold.

FRANGIPANE CREAM

1 cupful scalded milk
⅔ cupful granulated sugar
⅓ cupful flour
¼ teaspoonful salt
3 egg yolks, beaten light
1 tablespoonful butter
3 tablespoonfuls crushed macaroons
1 tablespoonful maraschino cherries, chopped
¾ teaspoonful vanilla extract
¼ teaspoonful lemon or orange extract

Mix and sift the sugar, flour, and salt together; stir and cook in the hot milk until smooth and thick. Cover and let cook 20 minutes, stirring occasionally; beat in the yolks, first diluting them with a *little* of the hot mixture; let cook two or three minutes; add the butter, macaroons, and cherries, and, when cooled somewhat, the extract.

STRAWBERRY AND CREAM FILLING FOR SPONGE LAYER CAKE

1 cupful heavy cream
juice ½ lemon
¾ cupful strawberry preserves

Beat the cream and lemon juice till firm; fold in the strawberry preserves.

STRAWBERRY AND CREAM FILLING NO. 2

1 cupful heavy cream
⅓ cupful sugar
1 egg white, beaten light
¾ cupful strawberries
½ teaspoonful vanilla or orange extract

Beat the cream firm; beat in the sugar; fold in the egg white, the strawberries, crushed, and the flavoring.

Use level measurements for all ingredients

FRENCH CRULLERS NO. 1

¼ cupful Crisco
½ cupful and 2 tablespoonfuls water
¼ teaspoonful salt
1 cupful barley flour
2 tablespoonfuls corn flour
4 eggs

(For directions as to mixing and frying see below)

FRENCH CRULLERS NO. 2

¼ cupful Crisco
1 cupful boiling water
½ teaspoonful salt
1 tablespoonful sugar
½ cupful barley flour
¼ cupful corn flour
3 eggs

Melt the Crisco in the water; add the salt, and, when the liquid boils, stir in the flour and continue to cook and stir until the mixture forms a smooth, thick paste; turn into a bowl and beat in the eggs, one at a time, beating in each egg very thoroughly. Drop by the teaspoonful into hot Crisco and fry as any doughnuts. Drain on soft paper and sprinkle with powdered sugar. These crullers should be made smaller than when wheat flour (which expands more) is used. If made too large the hollow center will be lacking.

EASY CAKE

2 whole eggs
2 extra egg yolks
⅞ cupful sugar
1 cupful wheat flour
½ cupful rice flour
2½ teaspoonfuls baking powder
½ teaspoonful salt
½ cupful milk
⅓ cupful melted Crisco
½ teaspoonful lemon extract

Beat the eggs all together until very light, and gradually beat in the sugar. Mix and sift together the flour, baking powder, and salt; add to the first mixture, alternately, with the milk, then add the Crisco and extract. Bake in a shallow pan. Cover with

CORN SYRUP ICING

1 tablespoonful corn syrup
4 tablespoonfuls boiling water
sifted confectioner's sugar
½ teaspoonful vanilla extract

Add the boiling water to the syrup and beat in the sugar one-fourth a cupful at a time, beating hard between each addition; the frosting should be thickened by beating as well as by the sugar.

CHOCOLATE BROWNIES

½ cupful Crisco
⅞ cupful granulated sugar
2 squares melted chocolate
2 eggs, beaten light
½ teaspoonful salt
½ cupful wheat flour
½ cupful barley flour
¼ teaspoonful cinnamon
¼ teaspoonful almond extract
1 teaspoonful vanilla extract
1 cupful blanched almonds

Cream the Crisco and gradually beat in the sugar; beat in the chocolate, eggs, and salt; mix and sift together the flour and cinnamon and add to the first mixture with the extract. Have ready the almonds cut in pieces and browned in the oven; beat them into the mixture. Drop on buttered sheets with a teaspoon. Bake about 10 minutes.

Use level measurements for all ingredients

ATLANTICS

1 egg yolk
½ cupful Crisco, melted
½ cupful molasses
½ cupful boiling water
1 teaspoonful soda
1 tablespoonful ginger
½ teaspoonful salt
1½ cupfuls sifted wheat flour (about)
1 cupful barley flour, or
½ cupful corn flour

FROSTING

¾ cupful sugar
4 tablespoonfuls boiling water
1 egg white
12 fresh marshmallows
1 teaspoonful vanilla
cocoanut if desired

Beat the egg yolk and add it to the Crisco, molasses, and water; sift the soda, ginger, salt and flour into the first ingredients and mix thoroughly; let chill in the refrigerator, then roll into a sheet and cut into rounds. Bake in a moderate oven. More flour may be needed. The cakes should not spread in cooking but should be as soft as possible. For the frosting dissolve the sugar in the boiling water; with the tips of the fingers, wet repeatedly in cold water, wash down the sides of the pan, cover and let the syrup boil three minutes, uncover and let boil until when, tested in cold water, a soft ball may be formed. With a thermometer cook to 238° or 240° F. Pour the syrup in a fine stream on the white of egg beaten dry, beating constantly meanwhile. When all the syrup has been added to the egg, add the marshmallows, beat with a spoon until melted, then beat with an egg beater until very light, adding the vanilla meanwhile, then spread on the top of the cakes. Cocoanut may be added if desired.

The recipes for Date Cookies and Gingersnaps, also illustrated, can be found on pages 71, 72.

COFFEE ÉCLAIRS

Make the éclairs by the recipe given on page 56. When baked, cut open on one side and insert in each a generous teaspoonful of coffee filling. Spread the smooth side with frosting made by stirring sifted confectioner's sugar into one-fourth a cupful of black coffee.

COFFEE FILLING FOR ÉCLAIRS

1½ cupfuls black coffee
½ cupful cream
¼ cupful cornstarch
½ cupful sugar
¼ teaspoonful salt
2 egg yolks
¼ cupful sugar

Scald the coffee and cream; mix and sift together the cornstarch, sugar, and salt, and stir into the hot coffee. Continue to stir until the mixture thickens; cover and let cook 15 minutes, stirring occasionally; beat the yolks, add the sugar and beat again, then stir and cook in the hot mixture three or four minutes, or until the egg is cooked. Use when cold.

PEACH SURPRISE

4 egg yolks
1 cupful sugar
2 tablespoonfuls lemon juice
grated rind ½ lemon
¼ teaspoonful salt
4 egg whites
1 cupful corn flour
10 to 12 peaches
1 cupful confectioner's sugar

Beat the yolks till thick; gradually beat in the sugar, the lemon juice, rind, and salt; fold in half the whites, beaten very light, half of the flour, the rest of the whites, and flour. Bake in an ungreased pan about 50 minutes in a very moderate oven, increasing the heat slightly at the last of the baking. Cut out the center of the cake to make a hollow case; pare and slice the peaches, mix with the sugar, and use to fill the case. Trim the piece taken out to make a thin sheet and set this above the peaches. Serve with thin cream. This cake may be made with oat flour or potato flour. A cupful of oat flour or a generous half cupful of potato flour will be required. With potato flour, five eggs and half a cupful of flour give better results.

FIG LAYER CAKE

½ cupful Crisco
⅞ cupful sugar
4 egg yolks, well beaten
½ cupful milk
1 cupful wheat flour
½ cupful rice flour
2 teaspoonfuls baking powder
½ teaspoonful salt
4 egg whites, beaten light

¼ teaspoonful almond extract
½ teaspoonful vanilla extract
½ pound figs

Cream the Crisco; beat in the sugar and egg yolks; then add, alternately, the milk and flour sifted with the baking powder and salt; lastly, fold in the flavoring and egg whites. Bake in layer-cake pans. Cook the figs in boiling water until the skins are tender and the liquid is evaporated. Chop fine and let cook a moment with two tablespoonfuls sugar. Use between the layers. Fruit jelly makes a good filling for the layers.

Use level measurements for all ingredients

BOSTON CREAM PIE

¼ cupful Crisco
1 egg yolk
1 cupful granulated sugar (scant)
1 cupful sweet milk
2 cupfuls wheat flour, or
1 cupful barley flour
1 cupful wheat flour
3 teaspoonfuls baking powder
½ teaspoonful salt
1 egg white, beaten light

Cream the Crisco; beat the egg yolk very light, beat half of the sugar into each, then beat the two together; add the milk, alternately, with the flour sifted with the salt and baking powder and, lastly, add the egg white. Bake in two layers; put together with chocolate cream filling and sift powdered sugar over the top. One-half cupful corn flour may replace the barley flour.

CHOCOLATE FILLING

½ cupful flour or
¼ cupful cornstarch
½ cupful cold milk
1 cupful scalded milk
2 ounces chocolate
⅓ cupful sugar
1 egg and 1 yolk
¼ teaspoonful salt
¼ cupful sugar
½ teaspoonful vanilla

Stir the flour and cold milk to a smooth paste, then stir and cook in the hot milk until smooth and thick. Melt the chocolate over hot water; add the sugar and a little of the hot mixture; stir until smooth, then beat into the rest of the hot mixture. Cover and let cook ten minutes. Beat the egg and yolk; add the salt and sugar and stir into the hot mixture; let cook until the egg is "set;" let cool a little, add the vanilla and use.

COFFEE FILLING

1 cupful strong black coffee
2 tablespoonfuls thick cream
½ cupful granulated sugar
2 tablespoonfuls cornstarch, or
4 tablespoonfuls flour
2 egg yolks, beaten light
2 tablespoonfuls sugar
¼ teaspoonful salt

Scald the coffee in a double boiler; add the cream and stir in the sugar, mixed and sifted with the cornstarch or flour; continue to stir until the mixture thickens, then cover and let cook, stirring occasionally, 15 minutes. Mix the two tablespoonfuls of sugar and the salt with the beaten yolks and beat into the hot mixture; let cook about two minutes or until the egg is set.

CHOCOLATE FILLING

3 ounces, or squares, chocolate
½ cupful granulated sugar
3 tablespoonfuls milk
1 egg yolk
3 tablespoonfuls sugar
¼ teaspoonful salt
½ teaspoonful vanilla extract

Heat the chocolate, sugar, and milk in a double boiler; beat the yolk, add the three tablespoonfuls of sugar and the salt, and beat again; mix and dilute with a little of the hot mixture; turn into the boiler and cook, stirring constantly, until the mixture is smooth and the egg is set. Let cool a little; add the vanilla and use.

HONEY CREAM FILLING

½ cupful honey
1 tablespoonful corn syrup (red label)
1 egg white
1 cupful thick cream
½ teaspoonful lemon extract

Put the honey, corn syrup, and egg white into a small double boiler; have the water below boiling rapidly; beat with a Dover egg beater seven minutes; beat occasionally until cold; fold in the cream, beaten firm, and the extract.

WHIPPED CREAM AND PRUNE FILLING

1 cupful heavy cream
4 tablespoonfuls prune syrup
3 tablespoonfuls granulated sugar
¼ pound cooked prunes
10 marshmallows
½ teaspoonful orange extract

The prune syrup should be quite thick; add it to the cream, with the sugar, and beat until firm; cut the prunes and marshmallows in small pieces and gently fold into the cream with the extract.

ORANGE FILLING

2 tablespoonfuls butter
2 tablespoonfuls flour
juice and grated rind 1 orange
1 cupful sugar
2 egg yolks, beaten light

Cream the butter and into it cream the flour. Heat the juice and grated rind of the orange and the sugar in a double boiler; stir and cook the butter and flour in the liquid until it thickens; cover and let cook, stirring occasionally, 15 minutes; beat in the egg yolks.

LEMON QUEEN CAKES

½ cupful Crisco
½ lemon, grated rind
⅞ cupful granulated sugar
4 egg yolks
2 tablespoonfuls lemon juice
1 cupful wheat flour
3 tablespoonfuls corn flour
¼ teaspoonful soda
½ teaspoonful salt
4 egg whites, beaten light

Cream the Crisco with the grated lemon rind; gradually beat in the sugar, the yolks, beaten light, and the lemon juice; beat in the flour, sifted with the soda and salt; beat in the egg whites. Bake in cup-cake tins about 25 minutes. Fifteen tins will be needed. For a change, before baking, set a piece of orange rind, from the marmalade jar, on the top of the dough in each tin; sprinkle with granulated sugar.

CHOCOLATE CAKE

2 squares chocolate
2 egg yolks
½ cupful milk
1 cupful sugar
3 tablespoonfuls melted Crisco
½ cupful milk
1 cupful barley flour
⅓ cupful rice flour
⅓ teaspoonful salt
1 teaspoonful soda

Melt the chocolate in a double boiler; add the yolks and milk, and stir and cook until smooth. Remove from the fire and add the other ingredients; beat until smooth. Bake in two layers. Put the layers together and cover the top with a boiled frosting flavored with vanilla.

CHOCOLATE CAKE

¼ cupful Crisco
¼ teaspoonful salt
3 tablespoonfuls brown sugar
½ cupful maple syrup
2 egg yolks, beaten light
2 squares chocolate, melted
2 cupfuls barley flour
4 teaspoonfuls baking powder
½ cupful milk
2 egg whites, beaten very light

Mix in the usual manner, in the order enumerated. Bake in a shallow pan.

CREAM CAKES IN SURPRISE

Bake the recipe for sponge jelly roll in small, round, deep tins (cup or queen cake tins). Cut out a piece from the top of each cake to leave an edge all around the top of the cake of one-third an inch; remove the center of each cake to form a cup. In the bottom of the cup set a spoonful of fruit jelly or strawberry preserves. Above this set whipped cream; trim the piece of cake taken out to make a cover one-fourth an inch thick; set in place and chill before serving.

STRAWBERRY SHORTCAKE NO. 2

Bake cake made by the recipe for jelly roll (page 77) in two small layer-cake pans. Hull, wash, drain, and cut in halves one basket of strawberries; mix them with one cupful of sugar and let stand while the cake is baking. Use between and above the layers.

Use level measurements for all ingredients

CROQUINS (rice flour, almond paste)

3 tablespoonfuls Crisco
¼ cupful sugar
½ cupful grated almond paste
4 egg yolks, beaten light
1 tablespoonful sweet milk
¼ cupful chopped almonds
½ cupful wheat flour
3 tablespoonfuls rice flour
⅛ teaspoonful soda
½ teaspoonful salt

Cream the Crisco; beat in the sugar, almond paste, egg yolks, milk, and almonds. Sift the other ingredients together and stir into the first mixture. Set aside in a cool place two or three hours. Using as little flour as possible, roll into a sheet one-third an inch thick. Cut into rounds or squares. Brush over with egg white, slightly beaten; sprinkle with sugar and chopped almonds. Bake in a moderate oven to a straw color.

CRISCO MACAROONS

2 egg yolks, hard-cooked
½ cupful Crisco
½ teaspoonful salt
½ cupful sugar
¼ cupful blanched almonds
grated rind 1 lemon
¼ teaspoonful cinnamon
1 cupful wheat flour
⅓ cupful rice flour

1 egg white
1 tablespoonful granulated sugar

Drop the egg yolks into boiling water and keep the water hot, but not boiling, till the yolks are firm throughout. Cream the Crisco; add the yolks, pressed through a sieve, and beat in thoroughly; gradually beat in the sugar, the almonds, and the spices mixed and sifted with the flour. Break the dough into pieces the size of a hickory nut, roll into balls in the hands, and press on a Criscoed baking pan into flat rounds the size and shape of a macaroon. Brush over with slightly-beaten egg whites, dredge with sugar, and bake to an amber shade. This will make thirty macaroons.

APPLE CAKE

⅓ cupful Crisco
¾ cupful sugar
grated rind 1 lemon
2 eggs, beaten light
½ cupful milk
1 cupful pastry flour
¾ cupful white corn flour
3 teaspoonfuls baking powder
½ teaspoonful salt

Cream the Crisco, beat in the sugar and grated rind, the eggs, and, alternately, the milk and the flour sifted with the baking powder and salt. Bake in layer pans. Put the layers together with apple filling and sift confectioner's sugar on top, very lightly.

APPLE FILLING

1 large apple, grated
juice 1 lemon
¾ cupful sugar
1 egg, beaten light
1 tablespoonful Crisco
¼ teaspoonful salt

Heat the apple, lemon juice and part of the sugar in a double boiler; add the rest of the sugar to the egg and stir into the hot mixture; continue to stir until the mixture thickens, then beat in the Crisco and salt; let chill a little and it is ready to use.

Use level measurements for all ingredients

BLUEBERRY PUDDING

Line a pudding dish with slices of stale bread spread lightly with Crisco, and sprinkled with a few grains of salt; fill the dish with blueberries mixed with a little sugar. Cover the berries with slices of bread spread on both sides with Crisco, and sprinkled with salt. Cover the dish, set it in a pan of hot water, and let bake about an hour in a moderate oven. Remove the cover to brown the pudding. Serve hot, with hard sauce or sugar and rich milk.

OATMEAL CRACKER PUDDING

4 oatmeal crackers
2 tablespoonfuls Crisco
½ teaspoonful salt
2 egg yolks
3 tablespoonfuls sugar
2 cupfuls milk

MERINGUE

2 egg whites
4 tablespoonfuls sugar, honey or maple syrup

Crush the crackers fine; add the other ingredients and bake in a Criscoed dish until firm in the center (about 30 minutes). Spread a little fruit jelly over the top of the pudding. Beat the whites very light; gradually beat in the sugar and spread over the jelly. Let cook in a very moderate oven about 12 minutes. The meringue should not brown till the last of the cooking, and then very delicately.

POOR MAN'S RICE PUDDING

⅓ cupful rice
⅓ cupful sugar
1 tablespoonful Crisco
½ teaspoonful salt
1 quart milk
1 cupful raisins
½ teaspoonful grated nutmeg

Blanch or wash the rice; mix with the other ingredients except the nutmeg. Let bake in a *very moderate* oven an hour and a half or longer. Stir each ten minutes during the first hour of cooking. Add more milk as needed. The pudding is just right when each grain of rice is tender, but not broken, and is surrounded with creamy milk thickened by slow cooking. Grate the nutmeg over the top on removing the pudding from the oven. Best when halfway cold. By using more Crisco, the pudding is good if made of skimmed milk.

OATMEAL DATE PUDDING

2½ cupfuls boiling water
1 tablespoonful Crisco
½ teaspoonful salt
1 cupful rolled oats
½ cupful maple syrup
1 cupful dates, cut in small pieces
1 egg, beaten light

Have the water boiling rapidly directly over the fire; stir in the Crisco, salt, and oats, and continue to stir while cooking, rapidly, five minutes. Cook over boiling water one hour; add the syrup, dates, and beaten egg. Bake in a Criscoed baking dish, in a moderate oven, about 30 minutes.

Use level measurements for all ingredients

SAVARIN

1 cake compressed yeast
¼ cupful lukewarm water
1½ cupfuls rye flour
½ cupful wheat flour
½ teaspoonful salt
1 tablespoonful sugar
½ cupful and 2 tablespoonfuls Crisco
4 eggs
1 dozen blanched almonds

APRICOT SAUCE

¾ can apricots
1½ cupfuls sugar

Crumble the yeast cake into the water and stir in enough of the flour to make a dough; knead the little ball of dough until smooth and elastic; cut half through the ball of dough in both directions and drop it into a bowl of lukewarm water; set the bowl in a warm place that the yeast may work. Put the salt, sugar, Crisco and two of the eggs into the rest of the flour and beat with the hand until smooth, then add the other two eggs, one at a time; beat in the first egg thoroughly before the last one is added. By this time the ball of dough should be floating on the water, light and porous as a "sponge;" with a skimmer (to take no water) lift the sponge to the Crisco-egg mixture and again beat until very smooth. Have ready a "Turk's head" mold, holding one quart, rubbed over with Crisco and the Crisco sprinkled with the almonds, chopped fine; turn in the mixture, let stand in a warm place until the mold is filled to nearly half an inch of the top. Bake about half an hour. Have ready the apricots pressed through a sieve (use apricots and syrup); add the sugar and let boil about six minutes. Turn the hot Savarin upon a serving dish and over it pour the hot sauce; baste the cake with the sauce until the sauce is largely absorbed, then serve as a dessert dish. It may be eaten cold but is better hot. In the country where this dessert originated, rye flour was always used, and the half cup of wheat flour may be replaced by the same measure of rye.

STEAMED CHOCOLATE PUDDING

½ cupful Crisco
⅔ cupful sugar
3 ounces melted chocolate
1 cupful chopped raisins
2 eggs, beaten light
⅔ cupful soft, sifted bread crumbs
⅔ cupful barley flour
½ teaspoonful salt
2 teaspoonfuls baking powder
⅔ cupful milk

Cream the Crisco; beat in the sugar, melted chocolate, raisins, eggs, and crumbs; add the flour, sifted with the salt and baking powder, alternately, with the milk. Turn into a well-Criscoed mold, steam two hours. Serve with

CRISCO HARD SAUCE

½ cupful Crisco
1⅓ cupfuls confectioner's sugar
½ teaspoonful salt
1 teaspoonful vanilla, or
½ teaspoonful grated nutmeg, or both

Cream the Crisco and gradually beat in the other ingredients.

CHOCOLATE COTTAGE PUDDING

¼ cupful Crisco
½ cupful sugar
2 ounces melted chocolate
1 egg, beaten light
⅜ cupful milk
1 cupful barley flour
¼ cupful rice flour
2½ teaspoonfuls baking powder
½ teaspoonful salt

Cream the butter; gradually beat in the sugar, chocolate, and egg; add the milk, alternately, with the dry ingredients sifted together. Bake in a muffin pan or in a shallow biscuit pan. Serve with

CHOCOLATE SAUCE

¾ cupful sugar
2 teaspoonfuls cornstarch
¼ teaspoonful salt
1 cupful boiling water
¼ cupful cocoa
½ teaspoonful vanilla

Sift the sugar, cornstarch, and salt into a saucepan; add the boiling water and stir until the whole is boiling; let boil ten minutes; add the cocoa; let boil one minute, then cool a little; add the vanilla and it is ready to use.

DRIED-APPLE OR PEACH COBBLER

1½ cupfuls dried apples or peaches
½ cupful sugar
1 teaspoonful cinnamon or nutmeg

Remove imperfections and parts of core, if present, from each slice of apple. Wash carefully, drain, cover with cold water, and let soak overnight. Cook in the same water until the fruit is tender and the water is evaporated. Turn the apple into a baking dish; sprinkle on the sugar and spice; cover with a crust made as follows. Bake until well browned. Serve hot with sugar and milk.

CRUST FOR DRIED-FRUIT COBBLER

1 cupful barley or oat flour
2 tablespoonfuls rice flour
⅓ teaspoonful salt
2½ teaspoonfuls baking powder
2 tablespoonfuls Crisco
½ cupful milk or water

Mix and sift flour with salt and baking powder; cut in the Crisco, mix with a knife to a soft dough; spread with spoon or knife over the fruit.

Use level measurements for all ingredients

CORN MEAL SOUFFLÉ

1 cupful thin corn meal mush
¼ teaspoonful salt
2 tablespoonfuls Crisco
4 egg yolks
¼ cupful sugar
4 egg whites, beaten very light

The mush should be very thoroughly cooked; add the salt, Crisco, and eggs, beaten and beaten again with the sugar, and fold in the whites. Bake in a Criscoed baking dish set in a pan of boiling water about 25 minutes. Serve hot with

CREAMY SAUCE

1 cupful sugar
½ cupful water
1 egg white, beaten light
1 cupful thin cream, scalded
½ teaspoonful vanilla extract

Cook the sugar and water to the thread stage; pour on the egg white, beating meanwhile; beat in the cream and vanilla. Serve hot.

MOCK INDIAN PUDDING

Spread any variety of bread, cut in slices, with Crisco, and sprinkle on a little salt; pile the slices together and cut the whole into half-inch cubes. There should be two cupfuls (heaped) of cubes. Put the prepared bread in a baking dish; pour over it one quart of milk mixed with one cupful of molasses, a tablespoonful of ginger, and half a teaspoonful of salt. Mix thoroughly. Bake two or three hours in a very slow oven. The pudding should whey, or present a liquid in the bottom of the dish. Serve with milk and sugar.

BAKED INDIAN PUDDING

2 cupfuls milk, scalded
4 tablespoonfuls corn meal
1 cupful cold water
1 cupful molasses
2 eggs
2 tablespoonfuls Crisco
½ teaspoonful salt
1 teaspoonful cinnamon
1 teaspoonful ginger
½ cupful cold milk

Stir the corn meal, mixed with the cold water, into the hot milk and continue to stir until the mixture thickens; add all the other ingredients except the cold milk, mix thoroughly and turn into a Criscoed baking dish. Bake half an hour; turn on the cold milk and let bake without stirring two hours. The oven should be very moderate. Good with ice cream, hard sauce, sugar, and milk.

STEAMED BLUEBERRY PUDDING

⅓ cupful Crisco
½ cupful sugar
2 egg yolks
1½ cupfuls barley or oat flour
½ cupful rice flour
4 teaspoonfuls baking powder
½ teaspoonful salt
½ cupful milk
2 egg whites
1 cupful blueberries

Cream the Crisco; beat in the sugar and yolks; add the flour with the baking powder and salt, alternately, with the milk; beat in the whites and berries. Steam in a Criscoed mold one hour and a half. Serve hot with blueberries stewed with a little sugar.

Use level measurements for all ingredients

CORN CAKE PUDDING

1 cupful corn cake crumbs
½ teaspoonful salt
½ teaspoonful ginger
¼ teaspoonful cinnamon
½ cupful molasses
1 egg, beaten light
2 cupfuls sweet milk

Mix all the ingredients (the crumbs should be fine). Let bake in a very moderate oven until firm in the center. Serve, cooled slightly, with hard sauce, or cream from the top of the milk bottle, and sugar.

PLUM PUDDING CROQUETTES

2 cupfuls milk
⅓ cupful citron, cut fine
⅓ cupful seeded raisins
¼ cupful currants
2 tablespoonfuls orange rind from marmalade jar
1½ cupfuls soft bread crumbs
2 tablespoonfuls cornstarch
2 tablespoonfuls sugar
¼ teaspoonful salt
1 egg
1 egg yolk
2 tablespoonfuls sugar
¼ teaspoonful mace
1 teaspoonful vanilla

1 egg
4 tablespoonfuls milk
fine soft crumbs

Put the milk, citron, raisins, currants, and orange rind in a double boiler over the fire, and let cook about ten minutes; add the crumbs, and stir in the cornstarch mixed and sifted with the sugar and salt; continue to cook, and stir until the mixture thickens, then cover and let cook 20 minutes; add the eggs, beaten and mixed with the sugar and mace, and let cook until the egg is set; add the vanilla and turn on a Criscoed plate. When cool, shape into croquettes. Roll in fine crumbs, then cover with the egg beaten and mixed with the milk, and again roll in crumbs; fry in Crisco; drain on soft paper. Serve hot with any pudding sauce.

RICE CAKES

Blanch or wash three-fourths a cupful of rice; return to the fire with about three cupfuls of skimmed milk and three-fourths a teaspoonful of salt; let cook until the rice is tender and the milk is absorbed. When cooled a little, shape with the hands wet in cold water into flat, round cakes; pat in corn meal and sauté in a little hot Crisco until well colored on one side; turn to brown the other side. Serve with a spoonful of jam or marmalade on the top of each cake. Maple syrup, honey, or sugar may replace the preserve.

ENGLISH PUDDING

¼ cupful Crisco
½ cupful stoned raisins cut in halves
½ cupful molasses
½ cupful milk
1 cupful barley flour
½ cupful rice flour
½ teaspoonful soda
¼ teaspoonful cloves
½ teaspoonful mace
½ teaspoonful salt

Cream the Crisco; beat in the raisins and molasses; add the milk, alternately, with the flour sifted with the soda, spices, and salt; steam in a Criscoed mold about three hours. Serve hot with hard sauce.

Use level measurements for all ingredients

CRAB MEAT SALAD

To the recipe for cooked salad dressing, add a little more mustard and paprika. Set the crab meat on a bed of crisp lettuce hearts, and serve the dressing in a separate bowl.

TOMATOES STUFFED WITH CABBAGE AND PEPPERS

Remove the skin from choice ripe tomatoes, cut out a piece around the stem end and remove the seeds; turn upside down and let chill. Cut a new cabbage in very fine shreds. Also shred a green or red sweet pepper. Chill each separately in ice water. Dry on a cloth and mix with either Crisco mayonnaise or cooked dressing. Use enough dressing to hold the shreds together in a creamy state. Season the inside of the tomatoes with salt and pepper and fill with the mixture. Serve on a bed of garden cress.

STUFFED CUCUMBER SALAD

2 cucumbers
1 tomato
½ slice onion
1 stalk (white) celery
1 branch parsley
2 olives
½ cup (about) mayonnaise dressing with Crisco

Cut the ends from the cucumbers, pare them, cut them in halves lengthwise, and remove the seeds. Set them aside in ice-water an hour or longer. Chop the solid part of the tomato, the onion, celery, parsley, and olives; mix with the dressing, and use to fill the cucumbers. Serve the cucumbers on a bed of garden or water cress.

MAYONNAISE DRESSING WITH CRISCO

1 cupful Crisco, unmelted
2 egg yolks, beaten light
1 teaspoonful mustard
1 teaspoonful salt
¼ teaspoonful paprika
¼ teaspoonful black pepper
4 tablespoonfuls vinegar

Beat the Crisco to a cream, very gradually beat in the yolks, then the seasonings and, lastly, drop by drop, the vinegar.

CAULIFLOWER SALAD

1 small head cooked cauliflower
1 head lettuce
1 cupful cooked salad dressing
¼ cupful cream, beaten firm
½ teaspoonful curry powder
¼ teaspoonful mustard

Separate the cooked cauliflower into flowerets and trim the stems neatly. When making the dressing add the curry powder and a little more mustard than is given in the recipe for the dressing. When the dressing is cold, fold in the cream and pour over the cauliflower set in the heart leaves of the lettuce.

Use level measurements for all ingredients

SPINACH SALAD

Cold cooked spinach for eight small molds
1 cupful Crisco mayonnaise
2 tablespoonfuls chopped olives
2 tablespoonfuls chopped gherkins
1 tablespoonful chopped parsley
1 teaspoonful scraped onion pulp
1 tablespoonful chopped capers

The quantity of spinach needed will vary with the condition of the spinach. Cook with as little water as possible, drain and chop exceedingly fine. Season with salt and pepper. Rub the inside of the molds with Crisco, and into them press the spinach. Let stand to chill and become firm. Unmold on lettuce leaves, either with or without a slice of cold boiled tongue. The olives, gherkins, parsley and capers should be chopped exceedingly fine. Mix these with the onion through the dressing. Set a generous teaspoonful of dressing above or around the spinach. Young beet greens may be prepared in the same way.

CHICKEN, RICE, AND CELERY SALAD

2 cupfuls cubes of chicken
1 cupful cold boiled rice (grains distinct)
1 cupful sliced celery (crisp heart stalks)
salt and paprika if needed
1 bunch cress, or 1 head lettuce } if convenient
1½ cupfuls Crisco mayonnaise (less, without cress or lettuce)

Mix the chicken, rice, and celery, add salt and pepper if the articles were not seasoned during cooking. Mix with enough dressing to hold the ingredients together loosely. Less chicken may be used. Shrimps may be used in place of chicken.

EGG SALAD, CRISCO MAYONNAISE

1 head lettuce
4 to 6 hard-cooked eggs
about ¾ cupful mayonnaise made with Crisco

Wash the lettuce leaves under the cold water faucet, let drain, set aside in a covered dish to chill and crisp. Cover the eggs with boiling water, let stand, covered, on the back of the range, *without boiling*, 20 minutes. Draw to a hotter place and quickly heat to the boiling point. Let boil one minute, remove at once from the water, rinse in cold water and chill. Cut the eggs in even slices. Dispose on the lettuce, carefully dried; pour the dressing over the whole and serve at once.

COOKED SALAD DRESSING

3 tablespoonfuls Crisco
2 tablespoonfuls flour
¼ teaspoonful mustard
⅓ teaspoonful paprika
½ teaspoonful salt
1 cupful cold water
2 egg yolks, beaten light
1 tablespoonful vinegar
1 tablespoonful lemon juice

Melt the Crisco; add the flour and seasonings and cook until frothy; add the water and stir constantly until boiling; beat the vinegar and lemon juice into the yolks, then stir into the hot mixture, and continue to stir and cook without boiling until the egg is set. Use when cold either with or without the addition of one-fourth a cupful of thick cream beaten very light. The cream is an improvement.

VEGETABLE MACEDOINE SALAD

1 cupful string beans in half-inch slices
1 cupful peas
1 cupful carrots in half-inch cubes
1 cupful kohl-rabi in half-inch cubes, or
1 cauliflower separated into small bits

Season, separately or all together, with three or four tablespoonfuls of oil, one or two of vinegar, a teaspoonful of salt, and half a teaspoonful of paprika; let stand in a cool place an hour or longer; drain and shape in one mound or in separate mounds; set a spoonful of Crisco mayonnaise at the top of each single mound or a larger quantity at the top of the large mound.

LOUIS SALAD

2 apples
½ lemon, juice
canned or fresh pineapple
crisp inner stalks of celery
Crisco mayonnaise
1 head lettuce

Pare and core the apples, cut in strips about an inch long and one-fourth an inch thick and wide, squeeze the lemon juice over the pieces of apple to keep them white; cut the pineapple and celery in similar shreds. Mix with enough Crisco mayonnaise (page 91) to hold the materials together. Serve in the heart leaves of the lettuce carefully washed and dried.

NUT, GREEN-PEA-AND-POTATO SALAD

Use pecan nut meats; cut each nut at the grooves to make three lengthwise shreds. Cut the potatoes in half-inch cubes. Take equal measures of nuts, peas and potatoes, mix with cooked salad dressing made with Crisco. With a tablespoon, take the salad in a round mass and set in heart leaves of lettuce (individual portions). Set half a pecan nut meat on the top of each portion.

TOMATO SALAD

Peel the tomatoes; cut out the hard piece around the stem, and let chill. When ready to serve, cut in slices, and set them on heart leaves of lettuce, carefully washed and dried. Prepare mayonnaise dressing with Crisco (page 91) and beat into it two or three tablespoonfuls of grated horseradish, then fold in half a cupful of cream whipped very stiff. Serve a generous tablespoonful of dressing on each slice of tomato.

TOMATO SALAD WITH ONION

Prepare and slice the tomato as before; scrape a tablespoonful of onion juice and pulp from an onion cut in halves crosswise, and beat it with a tablespoonful of fine-chopped parsley into a cupful of "Mayonnaise Dressing with Crisco" (page 91). Serve set above the slices of tomato.

SALMON SALAD

1 head lettuce
1 can salmon or 1 lb. fresh salmon
1 cupful green peas
1 cupful Crisco-cooked or mayonnaise dressing

Separate the salmon into flakes, and set it carefully into nests of lettuce, on individual plates; put a tablespoonful of the cold peas above the fish and the dressing above the peas.

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